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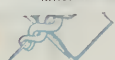
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THE  
PRESERVATION OF BEAUTY.

A TREATISE  
ON THE  
FACE AND SKIN,

INDICATING

THE RATIONAL MEANS OF PRESERVING AND IMPROV-  
ING THE SMOOTHNESS AND BRILLIANCY  
OF THE COMPLEXION,

AND OF

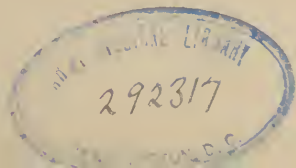
OBLITERATING FLUSH, PIMPLES, CARBUNCLES, SPOTS,  
STAINS, BLOTCHES, FRECKLES, AND OTHER CUTA-  
NEOUS BLEMISHES OF THE FACE. ALSO, OF  
PREVENTING AND CORRECTING ANY  
DEFORMITIES OF THE FEATURES.

BY

DR. LEO.



NEW YORK:  
GEORGE DE COLANGE & CO.,  
No. 8 Bond Street.  
1877.



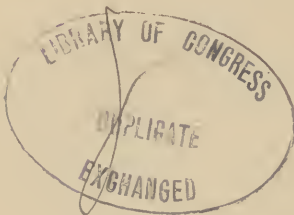
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# THE PRESERVATION OF BEAUTY.

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## CHAPTER I.

### BEAUTY.

WHAT is beauty?—what are its constituents?—on what does it depend?—are questions which have been often asked, and which have been very differently answered; but out of the vast number of hypotheses on the subject, which, from time to time, have been submitted to the world, there has not resulted any undoubted or universally accepted theory.

Personal beauty, and, indeed, all material beauty, though dependent on proportion, is inseparable from form, without which it can exist neither in reality nor in the mind. Beauty, grace, elegance, expression, and all similar qualities, are, in this respect, attributes of form under certain manifestations. The latter of these qualities, though frequently associated with the first, are in reality extrinsic and accidental. So is color, although appropriate and pleasing hues undoubtedly enhance the charms of that which is otherwise beautiful.

In such cases the addition or increment depends on the same principles or laws of proportion as those of beauty of form. This is shown in the beauty and truthfulness of chalk, pencil, and ink drawings, and in statues of bronze and of colorless marble, in which form alone can be displayed. Beauty of form, and consequently beauty of person, is therefore irrespective of the color of the skin or the country of the individual. If the opposite were the case, there could be no standard of personal beauty, because the taste shown for particular colors and shades of them varies with climate and the particular race of men. But whilst this is the case with respect to color and even expression, there are certain characteristics of beauty among all civilized and polished nations that possess a sameness and identity under every circumstance which, but for the existence of some fixed and universal law, would be likely to affect them. On examination these characteristics are clearly traceable to *form*, as the material element in which the proportion constituting beauty is developed; and thus it is shown that in the form or contour of the living figure alone resides every variety and modification of personal beauty.

As *form* may be said to be the parent of beauty, or that in which abstract beauty can alone reside, so *color* may be called its handmaid. Color, when in harmony with form, or when conformable to nature and existing associations, is capable of enhancing the charms even of the highest perfection of which form is susceptible. The graces of



THE VENUS OF THE VATICAN.

contour and proportion, the weavy outline, the dimpled cheek, the figure of which every part melts, as it were, into a perfect whole, become still more fascinating when clothed in their natural hues. The color of objects, if not the very first quality which attracts the attention, is the one which does so synchronically with form, and is generally that one which is more pleasing to the senses; and when compatible with their designs and uses, and when the work of nature herself, or in accordance with her examples, the impressions it conveys to the mind are commonly permanent.

The most exalted personal beauty, then, combines in one individual all the various perfections of form — which are immutable — with elegance, grace, expression, and color — which are adjunctive and changeable; but this is ideal or transcendental beauty, more or less combined with the sensuous element.

The hues peculiar to the human skin are limited in number. The apparently great diversity observed in this respect — exclusive of the African races — is occasioned chiefly by a difference of shade or intensity, or by the addition of a color, which, though differing from that of the fairer Europeans, merely modifies, without destroying, the flesh-tints peculiar to their skin. Thus beauty, depending as it does on proportion and form, is not confined to any country or any complexion, but is common, in different degrees, to the whole human race, subject to the conditions previously enunciated.

Expression, another quality already alluded to as associated with personal beauty, is the representative of the various passions of the mind in the features; and has been justly called the *spiritual part of beauty*. Handsome features are admitted to be correctly chiselled, and plain features to be irregular, if not grotesque; but the character of both is changed by expression. An inanimate object gives us more or less pleasure, according to the state of mind in which we view it; but, strictly speaking, it has in itself only *one* expression, *one* form, and *one* degree of beauty; while in a human being, in whom spirit dominates over matter, the physical part takes its character almost exclusively from the mind within.

The power of intellect, sentiment, and passion, in illuminating and modifying the features, must be familiar to every observer. It is this which distinguishes personal beauty from all other classes of the beautiful, and which gives it that endless variety of expression, and endows it with those spiritual attractions, which are its peculiar attributes. When the face is animated and glowing with the emotions and operations of the mind — when the eyes are instinct with noble feelings, and the lips curl with the approving smile — when the language of the tongue is accompanied with a corresponding modulation of the features — then it is that the influence of the mind over matter and the utmost fascinations of beauty come into play, its latent powers roused into energy, and its inex-

plicable spells thrown around the soul. The expressions of internal beauty may be figuratively regarded as mental cosmetics, capable of adorning physical beauty with the richest and most enchanting tints, and even raising mediocrity to excellence. But though depending upon the mind, the expressions essentially consist of temporary modifications of the features arising from change of form, to which color is generally, but not necessarily super-added; and they may, consequently, be imparted to the marble statue, where form alone is the medium of exhibiting the constituents of beauty.

The several component parts of the human body are separately susceptible of beauty; but it is only when the whole, or the chief of them, possess a certain degree of excellence, and the remainder are not incongruous, that personal beauty of a high order is developed. Without proportion of parts beauty cannot exist; because the undue preponderance of any one, or more, of these parts, is incompatible with the existence of a perfect whole.

The human race, as a species, may be said to be scarcely free from some peculiarity or defect; yet instances are common in which extreme beauty of features is associated with an ill-formed person, and a faultless figure with an irregular or an ordinary face. In these cases the effect on the observer usually depends on the dominant quality which, from its superior impression on the mind, leads the others to be either wholly neglected or only slightly noticed.

The ideas connected with personal beauty are

said to vary in different nations. It will, however, be found among all those who have attained any considerable degree of civilization and refinement, and among many who are even in a comparatively rude state, that the taste, as far as form and proportion are concerned, and even expression, are nearly the same. Making allowances for the influence of climate, habits, and intellectual cultivation, and other similar modifying circumstances, there is, probably, little or no essential difference. This is true of civilized America and modern Europe, and applies with nearly equal force to the oriental nations, and, indeed, to the whole civilized world. Nor has time, extending from the age of Pericles to the nineteenth century, altered this taste in anything but its intensity. The Niobe, the Venus di Medici, the Apollo Belvidere, still excite admiration in every beholder.

The effect that beauty exercises on the mind, particularly when associated with expression, is almost wonderful. Its influence is as extensive as our race. Nor is this influence peculiar to the human species; it extends in a diminished degree to the whole animal world. It is probable that fully one-half of the friendships and affections of life are attributable to beauty. The nobler and more spiritual passions, and aspirations, and pleasures of the human soul, and even intellect and moral worth, are unfolded and promoted by its presence. A mere notice of the influence of personal beauty alone, on individuals and on society,

in all ages of the world, would embrace the whole history of the human race. It has, perhaps, owing to the lawless passions and vices of mankind, been productive of more contention than has been caused by ambition, and more misery than has been occasioned by avarice and gold. But, if such have been some of its effects, owing to the sensuous element of man's nature, in the other scale of the balance we have the divine influence of universal beauty over poetry, sculpture, painting, and eloquence, over manners, thought, intellect, and, indeed, everything, every art, faculty, and action of social life and civilization, which by an elevating, inspiring, and guiding principle, can be raised from rudeness, mediocrity, or incipieney, to a state of progress, refinement, and dignity.

Ideal beauty—the beauty of the beauty-loving Greeks—so commonly supposed to be the result of a special inspiration of genius which had nothing to do with the existing laws of nature, is now admitted to be a real existence, in which the perfections exhibited by nature in a whole species are concentrated by the master-hand of the sculptor, or the artist, in a *single* figure, or a *single* congruity. It is beauty deified, in which art surpasses nature; and in which genius, revelling, as it were, with a kind of intoxication, among the scattered perfection of natural beauty, composes out of nature's own materials an imaginary being peculiarly its own. Such are the sculptures of the Grecian deities—those “statues which enchant the world.”



## CHAPTER II.

### PRESERVATION OF THE PERSONAL APPEAR- ANCE AND BEAUTY.

MUCH labor is frequently employed, and much expense incurred, to improve and preserve the personal appearance, and to endow it with new charms, or to increase those which it already possesses. Unfortunately, however, although much thought and ingenuity are often expended, or rather wasted, on the subject, the peculiar conditions, physiological, hygienic, and social, on which their excellence and permanence depend, are either only slightly regarded, or partially acted on, when known, and more frequently neglected altogether. With some persons, immediate effect, at whatever sacrifice, and irrespective of consequences, is deemed of more importance than either health, or personal cleanliness, or appropriate modes of dressing; and in few, indeed very few, instances, is anything beyond the "mere outside effect of the passing hour" for a moment regarded. Hence it is, that, in scarcely any other portion of the daily routine of life do persons more egregiously err than in the means they adopt to carry out their wishes in this respect. In general, not a single

thought is devoted to the vital functions of the body, or to the structure and offices of the parts to which they devote their most laborious efforts; yet, on a due attention to these points, both health and the personal appearance — even beauty itself — depend. “Are the means I employ natural, or do they assist nature? — are they the most efficient and rational? — are they harmless or injurious?” — are questions that are seldom self-asked in the privacy of the boudoir, dressing-room, or bed-chamber. And why is this so? A reply could be easily given, and we have no doubt many of our readers can furnish one. Habit, and example, and thoughtlessness, and indolence, and not infrequently ignorance and vanity, are the powers which generally occasion the various conceits, practices, and negligence first alluded to.

Although there is not a single subject on which people generally exhibit, in private, more anxiety than on their toilet, or one in which they are more deeply interested than their perfect appearance, there is, perhaps, none on which they take so little trouble to obtain correct information. The fashionable belle and the anxious beau alike adopt the suggestion of some ignorant dependant, and submit themselves to the operations and cosmetic treatment which they choose to inflict, with a degree of resignation and satisfaction, if not of delight, which, under any other circumstance, would be truly enviable. Others, as well as those just noticed, scan with eager eyes the advertising

column of the morning papers in search of some expensive and often injurious nostrum, which its vendor boldly proclaims possesses the power of imparting beauty and renewing the bloom of youth and health upon the faded cheek, or of conferring the luxuriance and rich tints of Circassia or Georgia on hair which dissipation or the hand of time has rendered scanty or streaked with gray. The thoughts of such parties are entirely confined to the passing moment, the next soirée, the next ball, the next promenade; and, as experienced by an eminent author, their vision beyond these events becomes entirely dimmed. But the errors in these matters arising from indolence, thoughtlessness, and indifference to consequences — the desire to save time, trouble, and expense, are greater than those already mentioned, and are probably more numerous than all the others put together. Hence it is that every fashionable ball or party adds to the number of the hapless victims of consumption or some other fell disease, and tinges the pallid cheek with the hectic flush, or the hollowness, that marks their incipient stages.

The immediate and intimate relations of health to the personal appearance cannot be too often pointed out, and should be thoroughly understood and acted on in the every-day affairs of life. On the promotion and preservation of the health, chiefly depend the improvement of the personal appearance, and the maturation and maintenance of personal beauty. The delicate nature of the forma-

tion and functions of the human body is such, that propriety and regularity of dress, living, and the like, are of more importance than is generally supposed, and more than some members of the medical profession are ready to admit. It is, however, a demonstrable fact, that, apart from the vicissitudes of climate and season, and mere accidental circumstances against which human foresight is unable to guard, the neglect of these matters is alone sufficient to account for fully one-half of the maladies and sufferings which "flesh is heir to." The body must be properly nourished and its heat maintained by appropriate food, — it must be properly clothed to meet the vicissitudes of climate, situation, weather, and individual constitution, — it must be freely exposed to the influence of light, air, warmth, and the like, and — it must be kept clean, and enjoy regularity and sufficiency of exercise, sleep, and all the habits necessary to mere animal as well as polished life, for the full exercise of its numerous delicate functions, and the possession of perfect health. Without these matters are attended to, the health will fail, and no efforts of dressing, no toilet, however complicated and laborious, no subtle cosmetics, will be capable of preserving the personal charms from certain and rapid decay.

## CHAPTER III.

### ON THE SKIN IN GENERAL—ITS FUNCTIONS AND ITS USES.

OF all the organs of our frame, the skin presents the greatest superficies, covering, as it does, the whole exterior of our body, following its every curve and inflection ; closing it, as it were, in a garment of the most delicate texture, and of the most surpassing loveliness. In perfect health it is gifted with exquisite sensibility ; and while it possesses the softness of velvet, and exhibits the delicate hues of the lily, the carnation, and the rose, it is nevertheless gifted with extraordinary strength and power of resisting external injury, and is not only capable of repairing, but of actually renewing itself. The functions it fulfils are various and of a most important nature.

The seat of the various phenomena of the sense of touch, it is on its surface that the nerves of that sense expand and are exposed, and it is by its means that we are brought into connection with surrounding objects, it being the first recipient of the sensations of pain and of pleasure felt by the brain.

Important as is the part played by the skin as

a medium of relation, its agency as a secretive, exhaling, and absorbing organ is not less important. It is the grand emunctory of the body, or, in other words, it eliminates, by perspiration and other excretions, all that would be injurious to the system, and frees the organs of acrid, irritating, and morbid principles resulting from various decompositions and secretions. Upon its surface, therefore, takes place a real purification of the blood.

After the exhaling vessels come the absorbing ones, as numerous as the first, and whose peculiar functions are to convey into circulation the gaseous, liquid, and oleaginous molecules which they have taken up from the surface of the skin. We shall see further on the important part they play in our system. As in the vegetable kingdom the bark or rind protects the sap-wood, so does, in the animal, the skin cover and protect the sub-lying organs. Performing functions towards the interior viscera and having a distinct life of its own, the skin warns us, by the increase or decrease of its caloric and of its color, by its moisture or its dryness, of the various changes undergone by our health. It is so closely related by its functions to the interior organs, that health depends in a great measure on the regular performance of these functions, and this failing, trouble, more or less serious, is sure to ensue in our system.

Many learned physicians and philosophers have maintained that with the ancients health was less

subject to variations, and longevity was greater than with us, on account of the frequent use of the bath, in which they indulged, together with its attendant frictions and massings, which preserved the cleanliness and vitality of the skin.

The idea of the possibility of rejuvenating, at one time much thought of, was based on the cutaneous absorption of vivifying emanations; and it is beyond a doubt that persons who submit their skin each day to proper sanitary treatment preserve the freshness and appearance of youth for an extended period. Strict attention to the laws of cleanliness, as concerns the skin, is, therefore, an indispensable condition of the preservation of female beauty.

The principal characteristics of a fine, healthy skin are suppleness, softness, smoothness, freshness, and brightness of color, either white or rosy, according to the part of the person it belongs to. Transparency, firmness, and elasticity of the tissues form the complement of a beautiful complexion.

The qualities we have mentioned are so indispensable to this latter, that a special art, that of *cosmetics*, has for its functions the preservation of those qualities where they exist already, and the development of them where they are wanting.

If, now, we reflect on the above physiologically expressed truths, and understand that the skin is really the organ which has the greatest surface, which offers the greatest extent, and is in the closest sympathy with all the other organs of our

frame; if, also, we consider the innumerable quantity of vessels of all kinds, of nerves, of channels that percolate it in every direction, and the microscopic glands lodged in its interior; and if we remember its importance in absorption and excretion in cases of sickness, more or less serious; if we admit that of all our system it is the most exposed to external surrounding influences; and if, finally, we take into account the numerous local diseases, determined from either external or internal causes, to which the skin is liable, we are bound to acknowledge how important it is to keep from it all that is of a nature to interfere with the free exercise of its functions, and to give it all the necessary care and attention.



## CHAPTER IV.

### THE SKIN — ITS ANATOMICAL AND PHYSIOLOGICAL DESCRIPTION.\*

THE membrane which acts as a covering to the whole body is composed of four distinct elements: 1, *the dermis or cuticle*: 2, *the papillary tissue*: 3, *the mucous layer or rete mucosum*: 4, *the epidermis*.

**THE FIRST ELEMENT**, proceeding from the interior to the exterior, that is, from the under part to the superficies, is the dermis or cuticle, which represents the basis of the cutaneous system. This element sustains and protects all the other constituent parts of the skin.

The dermis is of a fibro-cellulous nature, and constitutes a very strong resisting network, with closely woven meshes, that are crossed in every direction by a prodigious number of nerves, of sanguine and lymphatic vessels, of small secreting and excreting conduits, and of an infinity of fol-

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\* We particularly request the reader to pay great attention to this description of the skin, and to bear in memory the mechanism of its functions, as the best means of warning him against many fallacies and so styled cosmetics, as injurious to health as to beauty.

licles and microscopic glands which open out beneath the epidermis.

The internal face of the epidermis rests upon the cellular tissues and the muscles; while a vast number of small glands, only perceptible by the aid of a strong microscope, are settled in its interior.

These microscopic glands all possess a canal, whose use is to convey to different points the product of their secretion; these glands are of five different kinds, as follows:

*Blennogenous*, secreting the white mucous matter.

*Chromatophorous*, secreting the coloring matter or pigment of the skin.

*Trikogenous*, origin of the hairy bulbs.

*Sebaceous*, secreting an oily and lubricating humor.

*Sudoriparous*, secreting the perspiration or sweat.

Situated in the thickness of the dermis, the blennogenous glands produce a whitish mucous matter. An excreting canal starts from the upper part of the glands, and opens in the hollow of the papillary substance.

The chromatophorous glands, placed by the side of the preceding, are also furnished with an excreting canal opening into the papillary interstices, a little below the blennogenous orifices.

The trikogenous glands, or follicles, are placed in the deep portions of the dermis, and open in the subcutaneous cellular tissue.

The sebaceous glands have the form of small elongated utricles or bags, and secrete an oily humor of a strong smell, and used to lubricate the skin in certain parts of the body. The excreting canal of this gland rests against that of the hairy follicles and often opens into this latter. This explains the occasional appearance of small hairs on the extremity of the nose. The sebaceous orifices, as we shall see further on, are liable to obstructions, which are shown on the surface of the skin by black spots, called *pimples*.\*

The sebaceous secretion varies in quantity and odor according to the climate, age, temperament, and race. Each individual has a skin and odor peculiar to himself.

The sudoriparous glands are lodged in the fatty tissue. They are provided with elastic canals, that, twisting in spirals, traverse the whole thickness of the skin, and have on its surface an opening with a small epidermic valve. Thus, in the thickness of the dermis, which is less than one-fifth of an inch, there exists five systems of glands, without counting the sanguine, lymphatic, exhaling, and absorbing vessels, of which we will speak further on.

**SECOND ELEMENT** — *The papillary tissue.* — This is a delicate tissue, composed of capillary vessels and of nerves running under the epidermis and returning on themselves in the form of concentric

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\* See, in the formulary of this work, the best means of destroying these pimples without affecting the skin.

paraboles. The papillæ resulting from this interlacing are more developed at the tips of the fingers than at any other part of the body, and constitute the sense of touch. These papillæ have a pearly tint, and are formed by subcutaneous nerves, which return to the plexus from which they started and are there lost. The greater the development of these papillæ, the more exquisite the sensibility. Exercise gives to the sense of touch a marvellous delicacy, of which remarkable examples may be seen in the blind.

**THIRD ELEMENT** — *Mucous pigmentary layer.*  
— This layer is formed: 1st. By the mucous matter that the excreting canals of the bleunogenous glands pour into the interstices of the papillary substance. 2d. By the coloring matter that the excreting channels of the chromatophorous glands bring to the surface of the white mucous matter. It is from this coloring matter, named *pigment*, that is derived the color and shades of skin of the various races disseminated over the surface of the globe. The most distinguished anatomists and physiologists have ascertained, by the aid of the microscope, that the pigmentary substance is composed of small, flat, oval bodies. When these bodies form a thin and uniform layer, they are limpid and transparent; but when they overlay each other and render the layer thicker, they lose their transparency, and impart to the skin a hue varying from yellow to dark-brown and black. This phenomenon explains the variations of color of

the skin in different parts of the same body. Thus the thinner the pigmentary layer, the whiter is the skin; while, on the other hand, its color deepens in proportion to the thickness of the pigmentary layer, and it is to-day clearly demonstrated that the complexion of the cutaneous envelope depends entirely on the presence of the pigment. The parts of the skin where it is wanting are colorless and wan, and are the outward signs of disease known as *leucopathy* and *albinism*.

The different human races offer very clear distinctions with regard to the thickness and color of the pigment.

In the white races, it is thin and white, or of a pale, pinkish hue. In the copper-colored races it is thicker, and of a yellowish tinge. With the negroes, it is black, and its very remarkable thickness gives it the character of a membrane. This circumstance, added to the density of the epidermis, causes the skin of the negro to be but slightly sensitive to the heat of the sun.

The pigmentary layers in the white races offer various shades, from pearly-white to grayish-brown, from which result the different degrees of complexion, from more or less fair to more or less dark.

A convincing proof of this fact is shown by cicatrices from wounds which have destroyed the chromatophorous glands. When a negro receives a wound, the skin that covers the cicatrice is always lighter than that of the rest of the body. With the white races, a deep cicatrice is generally

of a dead color, and never has the rosy hue of the rest of the skin. Sometimes, however, the callidermist has succeeded in restoring the natural color to a cicatrice in the face, by directing the course of some blood-vessel beneath it.

Our fair readers will, we trust, understand from the foregoing explanations that all the so-called wonderful secrets for imparting whiteness to a complexion naturally dark or yellow, are simply the mendacious assertions of quacks, by which they must not allow themselves to be deceived, since to change, say the yellow complexion of a bilious person, it would be necessary to alter the mode of secretion of the chromatophorous apparatus, a thing hitherto beyond the power of science.

Nature, the greater number of whose secrets are hidden from us, alone succeeds in sometimes bleaching black or dark skins by *resorption* of the pigments, and in that case, those parts of the body where that resorption has taken place become perfectly white. It sometimes happens that the reverse takes place, the pigmentary layer becomes thick, and the hitherto whitest skin assumes a yellow or even a dark-brown hue. These phenomena, of which the cause is unknown to us, have been observed by many savants, and occur frequently.

Buffon and Blumenbach observed, in the case of several negroes, that the dark hues of their skin gradually changed from yellow and then to a dingy white, without there being any signs of a disease of the skin to which the phenomena might

be attributed. Bonnare speaks of a peasant woman, the skin of whose abdomen would become of a deep brown color at her pregnancy, and resume its natural complexion after her delivery.

Camper mentions a lady of high rank, endowed with a very fair complexion and a remarkably white skin, who, from the third month of her pregnancy, used to become very dark. As in the case of the peasant woman mentioned above, the fairness and brilliancy of her complexion would return to her about a month after her delivery. Strack mentions a German who became as black as a negro in consequence of an attack of typhoid fever.

Lecat, Godwin, Wel, Rostan, and Chomel have collected a quantity of curious observations of individuals who have undergone a change of complexion, varying from light yellow to deep black.

Klinkosh speaks of a negro who, without being sick in any way, lost his ebony complexion, and got in exchange one similar to that of a white man afflicted with the jaundice.

Caldini has published a curious paper on the subject of a negro, who, coming at a very early age to Venice, where he worked as a shoemaker, lost, as he grew up, his natural color, and was, at twenty, of a whity-yellowish complexion.

In the case of a great number of women, the dark hue of the areola of the breast grows darker and expands considerably during pregnancy, and after delivery gradually reassumes its natural color and size.

The learned physiologist Muller has shown that in diseases where the skin gets blue and black, as in *cyanosis* and *melanosis*, this abnormal color results from the thickening of the pigmentary layer, whose secretions increase according to the kind and intensity of the sickness. Finally, a fact which every person can observe for himself, is the appearance of freckles on the whitest and smoothest skins, and which sometimes disappear after an attack of illness, or which also grow fainter between the ages of twenty-five to thirty, and finally disappear altogether.

The cause of the disappearance of brown spots on the skin, is naturally found in the resorption of the abnormal pigment which caused them; but how nature proceeds to effect this resorption, we have yet to learn. Perhaps science may some day discover the secret.\*

**FOURTH ELEMENT** — *Epidermis*. — The epidermis, cuticle, or scarfskin, is a disorganized, scaly substance, serving to protect from injury the more delicate cutis, and is produced by the mucous layer secreted by the blennogenous glands. The transformation takes place as follows: above the pigmentary layer occurs a slight transudation of the blennogenous mucus (*rete mucosum*). This mucus hardens, exfoliates, and is the origin of small

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\*After long research and numerous experiments, we have at last succeeded in finding means of acting on the pigment, and destroying the freckles and brown marks that afflict so many pretty faces. See, further, page 71.



scales overlying each other in the order of their formation ; that is to say, that the first formed are pushed towards the exterior of the skin by those formed more recently. These scales are easily seen with the microscope, are totally insensible, and are constantly falling, and being renewed, as it is seen on the scalp. Other times they thicken and get hard, forming a horny substance, such as we see on the feet, hands, and all parts of the body subjected to friction or pressure. Were all the epidermic layers constantly forming on the surface of the skin to remain, instead of falling off, the whole body would soon become perfectly callous.

Blacksmiths, miners, woodchoppers, and all who perform hard manual labor, have the skin of their hands extremely hard and callous. A considerable thickness of this skin can be sliced off with a sharp instrument without causing pain. We shall see that corns, bunions, and other callosities are simply due to the friction or pressure of the epidermis and its consequent thickening.

The epidermis possesses no vitality ; it is thrown like a shield over the nervous papillæ to protect them from the contact of exterior objects. Intense heat or cold thickens the epidermis, and, therefore, diminishes the delicacy of the sense of touch. The inhabitants of the torrid zone, and those of the polar regions, have considerably less sensibility of the skin than the peoples of the temperate zones. Experience has taught that to perform vesication on a negro or a Laplander, it requires double the

vesicating power that is necessary for a European. This power of resisting the extremes of temperature depends also, according to Lamark, on the pigmentary layer, which, in these races, is a real membrane.

Chemical analysis of the epidermis gives for 100 parts the following result :

Horny substance .....	93.95
Gelatine .....	5.00
Fatty matter.....	0.05
Acid and Oxide salts.....	1.00
	<hr/>
	100.

The entire surface of the skin is riddled with an infinite number of small holes, imperceptible to the naked eye, and known under the generic name of *pores*. These pores are the orifices of the exhaling and absorbing vessels, which play the most important part in the functions of the skin. The number of these vessels has been computed at two billions one hundred and sixty millions for the whole surface of the body.

By these pores the skin is constantly exhaling a humor, which is more or less abundant, according to temperament, climate, and seasons. The aqueous portion of this humor is vaporized in the air, while the oleaginous portion remains on the surface of the skin, where it would finally form a scaly covering, did not ablution, and the constant friction of the clothing worn, prevent it. The skin of persons who never bathe or wash, will, on being

rubbed, give off a whitish dust, which is nothing more than this dried up oleaginous matter.

## SECTION I.

### EXHALING VESSELS.

This title is given to the excreting condnits of the sudoriparous glands. These vessels opening at the surface of the skin, and furnished with a small valve, are constantly giving passage to an exhalation called perspiration, which is sometimes insensible and sometimes sensible. The experiments made by Sanctorius, a celebrated physician of the seventeenth century, have told us the exact amount of loss our frame undergoes unceasingly by medium of the skin, and by perspiration. This savant, endowed with a persistency without parallel, established himself for thirty consecutive years in a scale, and noted each day during all that time the increase of his weight after a meal, and the decrease after evacuation. He found that he lost by pulmonary and cutaneous exhalation :

In the spring.....	13½	ounces in 12 hours.
In the summer.....	17	“ “
In the fall.....	15	“ “
In the winter .....	7	“ “

According to the researches of Lavoisier and of Seguin, the mean loss of weight in the human body by exhalation is eighteen grains per minute, of

which eleven are due to cutaneous perspiration and seven to pulmonary exhalation.

Immediately after a meal, the exhalation diminishes. During a good digestion, the loss is more ; while it diminishes when this operation is slow and labored.

The greatest loss is of five pounds in the twenty-four hours ; the least is of from one to one and a half pounds in the same period.

The abundance and the decrease of exhalation are also affected by the condition of the atmosphere and of the body.

The more recent calculations of the eminent chemist Dumas are about the same.

But these figures, given by the learned experimenters whose names we mention, cannot be strictly applied to every person ; for the cutaneous and pulmonary exhalation is subordinate not only to the climate, to the condition of the atmosphere, to the age and profession of the subject ; but also to the abundance or want of the other secretions, such as urine, saliva, etc. There are many persons who perspire violently while in repose, while others do not perspire at all, even in a state of activity. Perspiration, when not induced by exercise, is a mark of weakness, of atony of the skin, or the sign of some serious organic trouble, such as nocturnal sweating in cases of pulmonary consumption. According to age, temperature, sex, and race, the cutaneous perspiration gives out a particular odor, more or less sensible. The per-

spiration of children has little, if any, odor; that of adults is scarcely perceptible, while that of persons of mature age is very sensible. This odor is generally more powerful in the male sex than in the female; but among the latter, there are several who have a very pronounced rank odor. These are generally woman not addicted to cleanliness, and strangers to the use of the bath. Red-haired people perspire freely, and emit generally a strong odor.

Certain races exhale characteristic odors; thus, the negro smells of onions, the carib of garlic; races, the basis of whose diet is milk, recall the smell of that liquid turned sour, and ichthyophagi, that is, people whose diet consists entirely of fish, have a strong, fishy smell.

Professor Rayer speaks of a female who came under his notice at a hospital, and whose perspiration was of a strong, musky odor. He ascertained that this smell was not caused by any external or internal use of this substance, and found, on submitting her perspiration to chemical analysis, that it contained an unctuous matter analogous to the humor secreted by musk-smelling animals. Perspiration also assumes various colors: red, orange, blue, yellow, green, etc., as has been observed by several physicians, among whom we may mention Borel, Barthelin, Alibert, Richerand, Billard, and Conradi. This last observed two women, one of whom perspired a blue inodorous liquid, and the other a green liquid of most offensive odor.

Billard has published some observations of blue sweat; the more remarkable, that the skin remained discolored by it, and resembled the symptoms of the disease named *cyanosis*. When this sweat was wiped off with a rough towel and the part washed with warm water, the skin would again assume its natural color.

The young woman on whose person these remarkable phenomena occurred, perspired at the slightest exertion, and her countenance, at any emotion, became blue, instead of red. She was cured by the administration of alkaline mixtures. The chemical composition of sweat has occupied the attention of several scientists. M. Thenard found in a flannel undershirt that had been worn for two consecutive months:

Chlorures of potassium and sodium.

Acetic acid.

Calcareous and ferruginous oxides.

Animal matters.

All parts of the body do not perspire equally. Perspiration is most abundant on the forehead, the lips, beneath the arms, the hollow of the chest, the hands, feet, etc.

Persons whose occupations cause them to perspire freely, should wash their entire persons once every day, in order to obviate the offensive odor that would otherwise emanate from them, and also to prevent the closing up of the sudoriparous orifices. It is well known how dangerous it is to

check the perspiration, and how many diseases originate therefrom. It is, therefore, most important to avoid all causes that may delay or interfere with the exhaling functions of the skin.

We will here correct an error pretty generally shared by the world, on the serious results of checking perspiration. It is not because the perspiration can no longer find an exit through the pores, seized and contracted by the cold, that the sudden check is dangerous, but because the vital movement, or turgescence, which existed on the skin, ceasing suddenly, the excitation is as suddenly transferred to another part of the body. This part of the body is generally the weakest, and it happens that, on account of its being unable to suffice for this extra vitality, it gets irritated, congested, and becomes the seat of inflammation more or less serious. In some cases the lungs get obstructed; in others the mucous membrane of the stomach, and the bowels are attacked by inflammation. Too much attention cannot therefore be paid to avoid checking the perspiration; and if, by neglect or imprudence, this has been omitted, the best way to prevent evil consequences is to recall at once to the chilled part the excitation which previously existed there.

## SECTION II.

## ABSORBING VESSELS.

As numerous as the exhaling vessels of which we have just spoken, the absorbing vessels are formed by small offshoots of the lymphatic vessels. One of their extremities opens on the superficies of the skin, while the other communicates with the sudoriferous vessels. The minor bloodvessels are also endowed with the faculty of absorption, and their rapidity of action in this respect is, according to some physiologists, greater than that of the lymphatic vessels.

The absorbing vessels, as their name implies, absorb all the gaseous atoms, both solid and liquid, that are small enough to pass through their narrow channels, whence they enter the blood, which conveys them to the different organs of the body.

It is by a similar absorption that medicinal substances convey their specific action on a particular organ, and on the knowledge of this elective action is based the science of *therapeutics*, or acquaintance with the operation of drugs.

In the blood are found not only atoms of vegetable and animal substances, but also of mineral substances as well, taken up by absorption. Mercury, copper, arsenic, have been found in the blood, and in the parenchyma or solid portions of the organs. If the absorbed atom is a poison, it will, of course, poison the organs it enters. It will,



therefore, we trust, be easily understood how much risk is incurred by the use of toilet waters, oils, pomades, ointments, powders, and other cosmetics of which the composition is kept a secret. Before giving faith to the absurd advertisements with which perfumers fill the newspapers; before buying these waters of Jouvence, these lily whites or creams of perpetual loveliness, ladies had better consult their doctors. A few moments' conversation would suffice to convince them of the entire futility of all these preparations, if not of the danger of using them. Perfumery should never step beyond its natural limits, perfumes, or sweet odors. When it does so, and uses active principles, it intrudes on the domain of the chemist, and may thereby cause serious accidents, for a perfumer has neither the instruction nor practice needed for the manipulation of substances often poisonous.

Another form of absorption to be not less guarded against, is that of the animal emanations which fill the atmosphere in crowded and confined spaces. The most dangerous absorption is that of the miasma from marshes, or stagnant water, which cause the terrible fevers known as marsh or miasmatic fevers. Finally, these terrible scourges of humanity, the pest, cholera, yellow fever, etc., are most probably due to the miasmatic poisoning of the air, whose currents infect the countries over which they pass.

Persons who wish to preserve their beauty, which cannot exist without health, should care-

fully shun as much as possible the long balls and parties which take place in rooms where, ventilation being insufficient, the air is tainted with the breath and the cutaneous emanations of a crowd of people, many of whom are afflicted with disease.

Persons should carefully avoid exposing themselves during the evening, and particularly during the night time, to the effluvia emanating from marshes, muddy ditches, manure heaps, etc., etc., for these centres of miasma and deleterious gases act more vigorously at night, and are the cause of the majority of epidemics that afflict humanity.

Cleanliness is next to godliness, is an old English proverb, and modern science has proved that the most prolific source of sickness is dirt.

Nature has endowed us with the means of knowing when we incur risk through noxious emanations, for whatever is generally offensive to a delicate sense of smell, is, as a rule, injurious to health.

As we have presented some examples of the exhaling functions of the skin, we will now offer a few showing its absorbing power.

The celebrated physician, Fontana, wishing to ascertain how much atmospheric water the body would absorb during moist weather, weighed himself very exactly, and walked during one hour in the country. On his return he weighed himself again, and found that his weight had increased four ounces. A few days after he repeated the experiment in very dry weather, and found that the weight of his body had rather diminished than

increased, whence he concluded that the absorbing vessels imbibed the moisture of the atmosphere.

Professor Richerand made some experiments with the greatest attainable degree of precision and exactness. He first ascertained the exact weight of his body, then put his hands into a vessel containing two kilogrammes of water, and kept them there during one half hour. He then found that the water had lost fourteen decigrammes of its weight, which was exactly the amount gained by his body on its being reweighed.

A young man who remained in a bath at 25° Cent., during a quarter of an hour, gained ninety grammes in weight; but if we allow for the loss by pulmonary exhalation, which is estimated at fifty-two grammes, we must put the absorption of water in the bath at one hundred and forty-two grammes. This young man absorbed three hundred and sixty-two grammes in three-quarters of an hour, and four hundred and sixty-five after one hour's immersion.

Sailors deprived of water to drink have been known to obtain relief by wrapping themselves in sheets wet with salt water.

Sick people, who could not take food either by the throat or by injections, have been fed by being wrapped in cloths imbibed with beef tea. A bath prepared with a strong decoction of poppy heads will act on the bather in the same manner as an opiate.

A bath composed of purgative substances oper-

ates in the same manner as a purgative administered in the usual way.

The ancients used to purge themselves by means of *balls* called *purgatives*, which they held in their hands. These could only act by absorption.

Certain medicines are at the present day administered either by frictions or by leaving them in contact with the skin more or less time. This is called the endermatic method.

Mercurial fumigations have, in many cases, caused a great increase of salivation and ulceration of the mucous membranes of the mouth.

A woman having taken a bath in a tub wherein her husband, a taxidermist, had forgotten some arsenical paste, was seized with dreadful convulsions, and died, poisoned, a few days after. A few grains of emetic placed on a blister will produce vomiting the same as if the powder were swallowed.

The terrible painter's colic, called also lead colic, is due to the absorption of atoms of lead. Arsenic, applied to the raw skin of a rabbit, will cause it to die in convulsions, poisoned.

A drop of hydrocyanic acid put on the eye of a pigeon, causes instant death.

These examples, which we could multiply *ad infinitum*, show sufficiently the great activity of the absorbing functions of the skin, and will, we fervently hope, inspire our readers with a wholesome dread and aversion of all the cosmetics and secrets whose brilliant label does not bear scientific sanction.

## CHAPTER V.

### GENERAL HYGIENE OF THE SKIN.

A BRIGHT, clear complexion is, to a beautiful countenance, what the rays of the sun are to a lovely landscape.

Whiteness, smoothness, softness, transparency, and freshness of complexion, are indispensable to beauty, and without them the utmost perfection of form of feature fails to impress.

The peculiar duty of *hygiene*, and above all of the art of *cosmetics*, or the art of preserving and increasing beauty, is to impart and preserve to the skin the qualities above mentioned.

The fair sex is only too ready to seize with avidity on all the secrets of the toilet which are so liberally offered by those whose trade it is to invent them, in the hope of adding fresh lustre to their charms, or of causing, by the brilliancy of their complexion, any defect in their features to pass unnoticed.

The numerous causes of injury to the beauty of the skin may be divided into two classes—exterior and interior.

**EXTERIOR CAUSES OR INFLUENCES.—**

These, which act directly on the skin, are heat, cold, sudden change of temperature, prolonged frictions, ligatures, compression, blows, contact with substances, acrid, burning, acid, or astringent, such as toilet vinegar, badly made soaps, containing an excess of soda or potash, cold creams, pomades and pastes, either raneid or containing deleterious substances, in fact, a mass of preparations manufactured by ignorant perfumers, who only care to attract the eye and the money of customers by the elegance of the wrapper and the sweetness of the perfume, without bestowing a thought on the chemical effects of the contents. These sundry preparations, of which some do at first appear to cleanse, whiten, and soften the skin, in reality harden it, make it glassy, and deprive it of its natural freshness. Of all these the so-called lily or pearl whites are the greatest enemies to the skin, and infallibly spoil it after a short time.

To those ladies who may be ignorant of the fact, we will say, that all the whites in use are composed of lead and bismuth, metals which not only injure the skin, but which cause the nails and teeth to grow yellow, and often seriously injure health. The only white of which the entire harmlessness can be guaranteed, is silicate white, or *callidermic white*, entirely free from lead and bismuth. We cannot too often entreat ladies, who care for their beauty, to refuse all the marvellous preparations of which the composition is unknown to them, and

to use none but those of which the chemical, physiological, and medical studies of their inventor offer a real guarantee of their wholesomeness.

*General Means of Preventing and Curing Dermic Alterations caused by Exterior Influences.*—The most rational prophylactic means is to withdraw the skin from the action of the injurious causes, and to give it all the care and attention needful to preserve its beauty.

As the first of all hygienic means, we must mention cleanliness, and declare that the neglect of it is the greatest foe of freshness and beauty. We include in cleanliness general baths, local ablutions, sponging, frictions, massing, everything in short that helps to keep the skin free from the impurities that the perspiration and the atmosphere bring to its surface. After this come a number of cosmetic preparations, of which some are efficacious, but the greatest number useless or mischievous, and which are remarkable for the strange materials used in their composition. Among the rational preparations, we may mention those of strawberries, chervil, linseed, mallow, lilies, melilot, vine tendrils, honey, bean flour, roses; the juice of melons, of unripe barley; emulsions of seeds; pastes; milk of almonds; mucilaginous and emollient lotions; ointments and embrocations; baths of bran, of milk, of gelatine, etc., etc. We will mention as far superior to any of these preparations, the *snow-cream*, the *Packer Pine Tar Soap*, the *Milk of Hebe*, the *callidermic powder*, *paste*,

and lotion, the *balmy water*, and other excellent dermic preparations of which the recipes will be found in the formulary at the end of this book.

We beg the reader to note particularly that all these preparations are strictly hygienic, cosmetic, and prophylactic, that is to say, of a nature to refresh, embellish, and preserve the skin from any deterioration to which it is liable.

Local affections of the skin, arising from exterior causes, ordinarily require only external treatment; slight irritations, rash or redness yield to emollients; ecchymosis or discoloration caused by a bruise disappears under resolute applications, such as water whitened with a few drops of Extract of Saturn, or, better still, with the *Milk of Hebe*. Surface eruptions known as rash, prickly heat, etc., yield in a few days to the action of light aperient medicine, and a few baths, as will also slight local affections that are not caused by any internal evil. When, however, serious irritation, more or less extended, has set in, hygienic methods no longer suffice, and medical treatment, based on a thorough anatomical and pathological knowledge of the cutaneous organ, becomes indispensable.

In the different chapters treating of the commonest of skin diseases, we will carefully point out the treatment specially suited to each.

**INTERNAL CAUSES OR INFLUENCES.**—Among the number of internal causes which attack



the beauty of the skin, the first and most important are diseases of the blood, ringworm, scrofula, rachitis, etc.; debilitating sickness, melancholia, late hours, excesses of all kinds, abuse of alcoholic stimulants, of spices, salted or smoked meats, bad water, etc. It will be easily understood that the cure of affections of the skin springing from these causes, concerns the art of medicine, and not that of hygiene.

For if the firmness of the flesh, the purity and softness of the skin, and brightness of complexion, are the result of the perfect equilibrium of all the functions of our organization, how can we hope to whiten a yellow skin with cosmetics, when the yellow is the result of too much bile, or of its excretion being prevented, and retained in the blood, as in the case of jaundice? Can it be expected that cosmetics will impart the roses of health to a cheek whose paleness is due to the state of anæmia of its owner, to the irregularity of the female organs, to late hours, to abuse of pleasure, etc.? No, indeed! it would be a vain and idle hope; all the cosmetics in the world are useless against these sources. Recall health first, and freshness and beauty will follow.

#### HYGIENIC PRECEPTS REGARDING THE CLEANLI- NESS OF THE SKIN.

By the use of the bath, sponging and ablutions remove from the skin all the impurities which nature eliminates and throws to the surface. Take

frequently tepid, never hot, baths, to which add some subcarbonate of soda or potash, in order to attack and remove the fatty part of the deposit. Be frequently rubbed and massed to remove any oily residue which cover some skins. A great many persons wrongly imagine that their skin is clean after leaving the bath, but they have but to rub their skin hard to see that the simple bath has removed none of the impurities that adhere to the surface of their bodies. Frictions and kneading of the flesh or massing, are indispensable to thoroughly cleanse the epidermis.

Body linen should be changed often; persons wearing flannel next their skin should change frequently, as the woollen is easily impregnated with the animal emanations.

Keep, by means of frequent ablutions, repeated several times a day, if necessary, the face, hands, and feet strictly clean. Pay particular attention, in fact, to all parts of the body exposed to be soiled from the exterior, and to those where the sebaceous glands exhale their products.

Keep in perfect order, by incessant care, the functions of the cutaneous organ; for these functions are intimately connected with health, and the slightest obstacle to their free exercise is equivalent to a warning of sickness. Finally, give good heed that exterior agents, such as heat, cold, the sun, irritating substances, blows, frictions, etc., do not hurt the skin, nor attack its smoothness, softness, and whiteness.

There exists but one real cosmetic that thoroughly cleanses the skin, softens and polishes it, and that is the **Callidermic Paste**. This paste, an invaluable discovery of medical and chemical science, is, according to all who have used it, *the* dermatophile of all others. *Packer's Pine Tar Soap*, however, is an excellent substitute for it.

The face and hands should never be washed in water either too cold or too hot. If, during the winter, a person cannot get other than ice-cold water to wash with, he must be careful not to go near the fire immediately afterwards.

Ladies can protect themselves perfectly from the rays of the sun by means of gauze veils and parasols. White is the best color for the veil, which is equally serviceable to protect the wearer from the cold and from the wind. The *snow-cream* is an excellent preventive against sunburn and chilblains; and persons of tender skin, who may be compelled to expose themselves either to the rays of the summer sun, or to the biting blasts of winter, will do well to slightly anoint their faces with snow-cream as an addition to the protective powers of the veil. This is a certain method of preserving the brilliancy and freshness of the complexion under the most trying circumstances. On re-entering the house, let the face be wiped with a soft towel, and any impurity that has attached itself to the skin will immediately leave it, and the complexion will be as brilliant and fresh as when the person left the house.

The disorders caused by colds, inflammations, sore throats, toothache, etc., etc., are so many foes against which beauty has to protect itself. The commonest causes of these disorders are to be found in the sudden changes of temperature, against which it is almost impossible to be prepared. Consequently, all persons on leaving a ball-room, a theatre, or any place where the temperature is high, and where their attire is generally light, should be careful to wrap themselves up well, to retain the heat of the body and not suffer from the sudden change from hot to cold. It is advisable to retire to bed as soon as home is reached, as the tepid atmosphere of the bed and repose restore the equilibrium of the system.

But if troubles of the mind, sharp or chronic sickness have dried up, discolored, or otherwise injured the skin, if this organ has become the seat of eruptions, pimples, blotches deeply seated, it is useless to apply to hygiene for a remedy. It is to the physician, and not to the perfumer, that one must refer, and each one should be more than afraid of quack remedies and nostrums.

Each person afflicted with a disease of the skin, owing to either some internal wrong or general disorder, should be perfectly convinced of the uselessness of a purely external remedy, and the wisest and best thing to be done is at once to consult a physician who makes a specialty of skin diseases.

## CHAPTER VI.

### THE DIFFERENT KINDS OF COMPLEXIONS OR SKINS.

*Oily skins, dry skins, dark skins, and fair skins.*

ALTHOUGH offering in all individuals the same elements and same texture, this human envelope, the skin, differs in a most distinct manner, according to races, climates, temperaments, professions, sexes, ages, etc. There is a vast difference between the sunburnt skin of the wife of an Arab of the desert and the soft, tender skin of a Mauresque or an Odalisque, as also between the rough-tanned skin of a country woman and the delicate, almost ethereal complexion of a New York or Baltimore belle. There exists also differences, easy to note, between the skin of sanguine, or full-blooded, bilious, and lymphatic persons. These differences generally depend on the greater or less development of the vascular, glandular, nervous, cellular, and adipose tissues of the skin. For brevity, and to be well understood, we will divide the different kinds of skin into two grand categories: oily and dry.

In the first category will be placed all the *oily skins*, which rest on an abundant cellular tissue,

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of which the vessels, the lymphatic and sebaceous glands, are very large, and which supply, therefore, more abundant secretions and excretions. This kind of skin is generally connected with a moist temperament.

In the second category, we place the *dry skins*, which repose on a cellular tissue less rich, more rare, of which the secretions and excretions of all kinds are less abundant. These skins belong to dry, nervous, and bilious temperaments.

With regard to the numerous shades of color found in the white races, these depend upon the primitive temperament, that is, the constitution at birth. Thus, white and its various shades are natural to sanguine or full-blooded temperaments, and to the idiosyncrasies or blendings of these temperaments.—Dark or brown color and its shades belong to bilious and nervous temperaments, and to their idiosyncrasies.

The color of the skin, as we have already shown in Chap. IV., is positively given by the pigmentary layer. Now all the recipes and marvellous secrets to whiten brown skins are audacious lies; for to obtain the promised result, it would be necessary to transfer to a bilious subject the pigmentary matter of the skin of a sanguine subject; a thing quite impossible.

This description, imperfect as it is, will suffice to show to people of the world, that the hygiene of these two descriptions of skins cannot possibly be the same; and that fatty bodies, oleaginous

substances, mucilaginous, and emollient articles, all of which are most favorable to dry skins, would not be at all suitable to oily and moist skins; while astringents, tonics, articles of a desiccating tendency perfectly favorable to fat skins, would be injurious to dry cuticles.

It is the same with all cosmetic substances and preparations. Before using them, it is most essential to know their chemical composition, and the kind of skin to which they are to be applied.

## TABLE

OF THE VARIOUS CUTANEOUS DISEASES, LOCALIZED IN THE DIFFERENT ELEMENTS AND INTEGRANT PARTS OF THE SKIN.

Before going any farther, we think that it will be equally instructive and profitable for the reader to see at a glance the numerous groups of the diseases and imperfections of the skin, according to their locality and the symptoms they show.

Several eminent physicians have made microscopic studies of the diseases of the dermis, and their labors have led them to the conviction that each cutaneous affection had its distinct seat in the different layers which compose the dermis, and that each affection had its distinct character according to the place it occupied.

The skin is, as we explained in Chapter IV., composed of four elements:

*Epidermis.* — *Papillary, nervous and vasicular tissue.* — *Mucous layer (rete mucosum).* — *Dermis.*

This last contains five systems of microscopic glands: the *Blennogenous*, the *Chromatophorous*, the *Trikogenous*, the *Sudoriparous*, and the *Sebaceous*. It is, moreover, crossed by a prodigious quantity of sanguine and lymphatic vessels, which form the vascular tissue.

When, by any cause, one or several of the elements of the skin is irritated, inflamed, or in any way injured, a sickness peculiar to each one ensues, as we will attempt to show.

**Epidermis.** — The thickening of this produces corns, bunions, and other horny productions. The epidermis being, however, an inert and lifeless substance, the real cause of epidermic alterations must be found in the blennogenous glands.

**Papillary Tissue.** — *Prurigo*, or the *Itch, nettle-rash*, etc., have their seat in this tissue.

**Vascular Tissue.** — This is the affected place in cases of erysipelas, measles, etc. Its attrition, its breaking, give rise to ecchymosis, or the effect of bruises; its dilation causes sanguine spots or marks.

**Mucous Layer, blennogenous glands.** — The injury of these glands causes *eczema*, *scurfy*, and *herpetic eruptions*, etc. The atrophy of this layer renders the skin liable to chilblains; its hypertrophy, or excess of local secretions, produces corns, warts, scales, and other horny excrescences.

**Chromatophorous Glands.** — These glands, by



their greater or less secretion, are the cause of all the partial coloring or discoloring of the skin. Thus freckles are due to the thickening of the pigment secreted by these glands; the *marks* of *sunburn* result from their injury. The limited or circumscribed discoloration of the skin is occasioned by the decrease or absence of the pigmentary secretion. *Albinism* is produced by the total want of this pigmentary secretion.

The **Trikogenous Glands**, according to the cause that affects them and the degree of injury, give birth to the disorders known as *lichen*, an eruption of small red pimples, *favus*, a sporadic eruption, *baldness*, *alopecia*, a sudden falling off of the hair, and in some countries, as in Poland, the *Plica polonica*, an abnormal growth of the hair, which becomes extremely sensitive, accompanied with an offensive exudation.

Injuries to the **Sebaceous Glands** result in *acne*, or carbuncles, *impetigo*, an eruption of pustules, *lupus*, or boils, and *mentagra*, which peculiarly affects the chin, etc. The dilation of the excreting conduits of these small glands produce pimples, or little black spots, with which some persons faces are covered.

The **Sudoriparous Glands** that are injured, produce *morbid sweats*, *sudamina*, *miliary eruptions*, etc.

Finally, the subcutaneous **cellular tissue**, on which rests the dermis, is the seat of furuncles, or boils, of phlegmon, or inflammation of the tissue, and of other inflammations which terminate in either resolution or suppuration.

This glimpse at the localized diseases, to which the skin is liable, is doubtless very imperfect, since each one we have mentioned could occupy a volume to itself; but we speak only of superficial injuries, belonging to the domain of hygiene; we write for the general public, and particularly for ladies; and, therefore, are brief, in order not to be tiresome, and strive to be clear and concise, the better to be understood.

The study of the glance we have given, as the attentive reader of the chapter treating of the physiology of the skin may see, is the key to this work. It is indispensable to study it thoroughly, if one wants thoroughly to understand the morbid changes to which the skin is liable, and to know the means that hygiene, or medicine, possesses to meet and overcome them.

We will here claim the attention of our readers to a most remarkable fact:

Several diseases or disorders of our system, very common in the present day, such as rheumatism, lumbago, superficial affections of the skin, leucorrhœa, etc., were scarcely known to the ancient Greeks and Orientals; why? . . . Because the bath was in almost daily use with them, and frictions, massing, kneading the flesh, scraping the skin with instruments specially adapted to the purpose, all of which are still in existence in Mahomedan countries, entirely cleansed the surface of the body, kept up the vitality of the skin, and favored the free exercise of its exhaling and absorbing func-

tions. Hence, this immunity from nervous and cutaneous diseases. It is impossible to ignore that the obstacles created by dirt to the circulating function is the great primary cause of a number of diseases of more or less gravity.

## DIGRESSION.

### ON THE DIFFERENCE OF SKIN IN FAIR AND DARK WOMEN.

The skin of fair-haired women is, as a rule, whiter and more rosy than that of dark-haired women; but the latter is generally of a finer grain and consequently softer to the touch. It is also nearly always free from the freckles which often disfigure the skin of fair women, and particularly those who have red hair. Dark skins are also less subject to pimples and other superficial cutaneous disorders. To speak physiologically, the feminine principle is more developed in fair than in dark women, her carnation is more brilliant. Long, fair tresses, crowning perfection of form and feature, make up the ideal of the Venus Anadyomene, rising from the bosom of the sea.

Not less beautiful is the dark woman endowed with the same perfection of form, while, if her complexion is less dazzlingly brilliant, it is, as a compensation, of longer duration.

## CHAPTER VII.

### BLOTCHES AND SPOTS ON THE SKIN.

**B**LOTCHES or stains which are developed beneath the epidermis and diminish the brilliancy and smoothness of the skin may be divided into two classes :

In the first class may be placed all the stains due, either to the thickening of the pigmentary substance, such as *sunburning*, *freckles*, and *hepatic blotches* ; or the discoloration or absorption of this pigment, as in *leucopathia* or white spots on the skin ; or, finally, the formation of pigmentary cells, containing granular pigment similar to that existing on the choroide of the eye, as in cases of *lentigo* or freckles, in marks and *signs*, brown or black spots, and in the various black stains of the skin called *Melanoses*.

When a portion of skin marked with these spots is macerated in water, the coloring matter remains firmly adherent to the dermis after the epidermis is removed and resists repeated washings.

The second class includes the light red spots and deep red spots that are caused by the dilation of the blood-vessels, or by the erection of an

erectile tissue as in port-wine marks, etc., and vulgarly attributed to unsatisfied wishes of pregnant women and called in consequence *Noevi Materni*.

According to this division, based on the physiological causes of the affection, it has seemed to us that the natural name for the first should be *pigmentary blotches or spots*, and for the second *vascular sanguine spots*.

#### INFLUENCE OF THE SOLAR RAYS AND OF CALORIC UPON THE SKIN.

The sun is one of the greatest foes of a white and brilliant complexion. Exposed for some time to the ardor of his rays, the skin assumes a brown, yellow, copper-colored hue, that we call *sunburning*.

Sometimes the skin gets wrinkled, and if it continues to be exposed to the sun, it may, in proportion to its delicacy, be afflicted with irritation and with fiery redness.

An atmosphere too hot or too cold, too strong or light, or total obscurity, are equally injurious to the skin, which under their influence becomes ruddy, brown, or faded. The skin needs the protection of a soft half light. Like flowers and fruits, which, sheltered from the sun's ardent rays, present odors and flavors less strong, but of the greatest delicacy, so the skin requires a slight shade of fading ere it reaches the highest degree of whiteness. The farmers' wives of Europe, who toil in the fields, exposed to the fiercest rays of the sun, and the city belle, who passes her life in

the half light of the boudoir, prove the correctness of this statement. A still more striking example is that of the Arab and the Moresque women: the first, constantly exposed to the rays of a burning sun, have a yellow, copper-colored complexion, while the last, always kept enclosed in the harem, have a perfectly white complexion.

## SECTION I.

### PIGMENTARY BLOTCHES, TAN, OR SUNBURN.

The name of tan or sunburning is given to that brown or yellow tinge that overspreads those parts of the body exposed during a certain length of time to the effect of the sun. The solar influence is not confined to the epidermis alone, but acts also on the pigment or coloring matter of the skin, of which it increases the secretions and deepens the color.

The radiating heat of a furnace or of a fierce fire produces the same effect as do the solar rays, and firemen have the skin as brown and as tanned as have men exposed to the sun.

Intense cold also darkens the color of the skin; thus, the two extremes of heat and cold produce identically the same effects. For this reason the inhabitants of the polar regions present about the same color as those of the equator.

People can readily understand that the sun should produce tanned or brown skins; but they

find it difficult at first to understand how the same effect can be produced by means of cold. The physiological reason of this is as follows:

The intense cold acts first on the capillary circulation of the skin, which is slackened in proportion to the greater or less degree of cold. This diminished rapidity of circulation diminishes the sub-epidermic secretions and sometimes even suspends them entirely. When the person who has been exposed to the cold with the above given effects enters a warm room, a reaction immediately takes place, and it then happens that the circulation and the secretions of the skin momentarily suspended renew their action, with a vigor in proportion to the intensity of the cold, and the secretion of the pigmentary matter is increased in the same ratio. Now, if an increase of thickness imparts a darker hue to the pigmentary humor, this must necessarily become visible through the diaphanous epidermis as an object would through transparent gauze.

*The Best Way of Getting Rid of Tan or Sunburning.* — Old works which treat of cosmetics are full of recipes against sunburning, but the least evil of these recipes, more or less complicated, is their utter worthlessness. It is rare that they are not of a nature to injure the skin.

There exists two rational modes of destroying sunburning: the first is to deprive the skin for several days of the action of light, and to keep it saturated with moisture by keeping applied to it

an emollient poultice, which must be renewed as soon as it begins to get dry. The second plan, far less inconvenient than the first, simply requires the application during fourteen hours of a mask of paste composed of equal parts of rye and linseed meal. This mask was, with the ladies of ancient Rome, an indispensable article of everyday use. The Patrieian ladies and belles of Rome always wore, when in the house, a cosmetic plaster over their faces, and put it off and on as a modern belle does her dressing-gown. Juvenal, in one of his satires, tells us that a Roman husband of his time seldom saw his wife's face at home. The Venetian ladies of the present day cover their faces with a mask very similar to keep up the freshness of their complexion. The slave dealers, who supply the harems of the East, are in the habit of making the young girls, who form their stock in trade, keep, while travelling, their faces covered with a clear mucilaginous paste. This protects their skin from the action of light and heat, and when, after the journey, this covering is removed, the skin appears blanched, and of a remarkable milky whiteness.

A more certain method, and without the trouble and annoyance of poultices and plasters, is the *Cullidermic powder*, of which we give the recipe at the end of this work. Make with this powder a very thin paste, of which put several coats on the face. By preventing insensible perspiration during the night, this coating keeps the skin in a



local vapor bath, which softens the tissues and bleaches the epidermis. In the morning wash off with the callidermic lotion, as indicated in our formulary. Experience has shown us that the Callidermic powder is the best of all remedies against sunburn.

#### EPHELIDES, OR FRECKLES.

SEC. 1. *Freckles* are yellowish or brownish spots, more or less deep in color, and of various sizes. It was, for a long time, thought that they were due to the direct action of the solar rays, until it was noticed that they were most frequent on those parts of the body always covered with clothing.

Freckles are of various sizes and shapes. Sometimes they are small and irregular, and sometimes large, covering a large surface of the skin. On some persons they invade the whole neck and shoulders; with others they cover the face like a mask.

The freckle, so-called, is nearly always due to some excitement of the skin from inward causes, and which, extending itself to the chromatophorous glands, produces an over-supply of pigmentary humor, whence the spot. Seen under a microscope, or often by the naked eye alone, the freckle is slightly above the level of the skin and makes a little protuberance. A remarkable phenomenon, peculiar to the freckle, is the suppression of all perspiration on its surface, which remains always dry when the surrounding skin is quite moist.

This would prove that the exhaling function does not operate on this point.

*Treatment.* Light or recent freckles do not require internal treatment. To cause them to disappear all that is requisite is to treat them with a concentrated solution of sulphuret of potassium, added to a little sulphhydrate of ammonia; or, better still, with the *sulphurous lotion*, indicated in the formula. The following is the way to apply it successfully:

First, moisten the spot with lukewarm water, wipe it dry, and then touch it several times, so as to thoroughly impregnate it, with a camel's-hair pencil dipped in the *sulphurous lotion*. This operation must be repeated several times a day, particular care being taken to wash the freckle with tepid water before touching it with the pencil. In four or five days the spot will blanch, the epidermis fall off in dust, and the skin will resume its normal aspect.

When the mark is caused by an exciting diet, or by any irritation of the digestive organs, it is called a *hepatic spot*, from having at first been thought attributable to the liver. This supposition has not yet been satisfactorily proved. The hepatic freckle is found most frequently on persons of a bilious temperament, and on women whose menses are difficult and irregular. The freckle that develops itself during pregnancy generally disappears after delivery. Sometimes, however, it remains.

The hepatic spot most usually yields to the various sulphurous preparations, and above all to the *sulphurous lotion*, referred to above, aided by a little light opening medicine, sulphur baths, and a cooling diet. Should it not yield to this treatment, we advise the use of the bi-iodure of mercury pomade, which nearly always effaces the spot. This pomade, or ointment, of which we give the prescription, also cures the spots known as *syphilitidæ*.

R. Purified hog's lard..... 780 gr.  
Bi-iodure of mercury..... 325 gr.

Rub the spots gently with this, when at least they do not occupy much space. When they are very large and cover considerable ground, the frictions should be confined to one spot at a time, and then attack the other, until they have all disappeared. Many practitioners prefer the following prescription :

Perchloride of mercury..... 33 gr.  
Tincture of cantharides.....160 gr.  
Distilled water..... 8 oz.

This lotion acts more effectually and more rapidly; its effect is an irritation of the skin, accompanied by itching, swelling, and subsequent desquamation of the epidermis.

SEC. 2. How many charming countenances, white shoulders, plump and rounded arms, and delicately moulded hands are afflicted with a quantity of small pimples or tan spots, which

appear to vanish during the winter, only to reappear as bright-hued and often more numerous during the summer? These disheartening spots, which are a variety of freckles (*Ephelis Lentigo*), against which have long been exercised in vain the resources of cosmetic art, destroy the attractiveness of the whiteness of the arms, neck, and bosom, deteriorate the brilliancy of the complexion, and considerably injure the transparent effect of the flesh.

Do means exist of combating these evils, or at least of mitigating them? We will treat of this subject in this article, and beg our readers of both sexes to thoroughly consider the importance of a question that will enlighten them as to the entire uselessness of any product of perfumery to destroy freckles on the skin.

According to the latest anatomical works, and to our own experiments, freckles are solely due to the accidental but persistent formation of pigmentary cells filled with granular pigment and situated beneath the epidermis.

As we are writing for the general public, and not for professionals, it may be necessary to state that the granular pigment is a substance analogous to the coloring matter of the skin, but darker in hue, and offering the appearance of small granulations, around which cells are formed. A single spot of sunburn, for example, will contain fifteen or twenty of these granulations.

In some portions of the animal organism, such

as the eyes, the hair, the areola of the nipple, normal granular pigment is found, but in all other situations its formation is accidental or abnormal.—These formations of granular pigment are not uncommon, and are to be met with in various organs of the body—the liver, the lungs, the spleen, etc., and in the disease of the skin known as *melanosis*; in the brown spots, or birth-marks, and in freckles. This granular pigment is the principle and the cause of all the black coloring which is found spread over the surface or in the interior of the organs or on the skin's surface.

We have just said that freckles are situated immediately beneath the epidermis, and it would therefore appear easy at first sight, seeing at how little a depth they lie, to efface them by penetrating the epidermis, and, if necessary, destroying it, in order to act directly upon the spot and destroy or dissolve it. Unfortunately, the coloring matter of these freckles has resisted all means employed up to the present.

The chemical composition of the granular pigment is as follows:

Carbon.....	73 per cent.
Oxygen .....	16   “
Hydrogen .....	4   “
Nitrogen .....	3   “
Silicious ashes .....	4   “

As will be seen, the pigment is rich in carbon,

which renders its complete discoloration or bleaching impossible.

According to Pearson, it does not lose its color in either water, alkalies, or acids, even at a boiling point; sulphuric acid alone dissolves it. According to Julius Vogel, the pigment resists sulphuric, chlorhydric, and acetic acids, ammonia, and potassium; but Henle says he observed that potassium did dissolve it.

The pigment burns at a high degree of heat, and gives off water, empyreumatic oil, and carbonated hydrogen gas, and leaves a reddish ash.

It will be understood, from what we have written above, how difficult it is to attack a freckle directly, and to cause it to disappear. All these waters, creams, and pomades, sovereign remedies against cutaneous spots, all these marvellous secrets loudly proclaimed infallible, have no more effect on freckles than they would have on a block of wood; and if these cosmetics contain any substances of an acid, irritating, or corrosive nature, they will injure the skin, and may give rise to irritations always troublesome, and sometimes seriously affect the general health. We hope people will be warned, who, by their violent desire to find some remedy for the imperfections of their complexion, or to improve it, swallow every bait offered them in the shape of the pompous advertisements of quacks and charlatans. There exist in reality but two methods of treating freckles.

The first is that employed by nature, when she

makes them vanish, as she sometimes does, either during sickness, or without any appreciable change in the system. This method is the resorption of the pigmentary granulations. The question is, therefore, to impart to the absorbing vessels sufficient force to operate the resorption of the granular pigment which causes the spots. There is some chance of success by first exciting the skin by frictions and aromatic fomentations, and then putting a permanent pressure on the spots. This proceeding enabled us to efface successively a great number of spots on the chest of a person who underwent our treatment. The physiological consequence of the compression is to destroy the pigmentary cells, and to cause the resorption of the granulations they contain, and which are carried off by the circulation of the blood. It is, however, difficult, to say the least of it, to maintain a continuous pressure upon the skin of the face, even if persons could be found with sufficient patience to support it. The second method consists in softening the epidermis, and rendering it penetrable to such solids, or liquids, capable of destroying the pigmentary granulations.

The ancients boasted of a mixture of vinegar, of honey, bitter almonds, the irritating juices of several bulbous plants, of acid fruits, and of a whole lot of articles, which might certainly injure the skin, but could never touch the stain. The moderns, enlightened by physiological and chemical science unknown to the ancients, have tried sev-

eral plans, of which the results have been negative or mischievous.

Doctor Withring pretends to remove freckles by an infusion of horseradish in buttermilk; the persistent use of this irritates the skin without affecting the freckles.

Copland speaks highly of a solution of subborate of soda in rose-water. It is innocuous, but perfectly useless.

Pearson attacks freckles with a solution of corrosive sublimate of arsenic. This method, as rough as dangerous, should be rejected, as it is not only likely to corrode the skin and leave permanent marks on it, but it may also poison the entire system.

Bottmann prescribes the washing the freckles several times a day with the following liquid:

Distilled water.....	20 parts.
Caustic potash.....	1 “

Same danger as with the above, save the poisoning. Aliberts and Richerand recommend the washing of the spots with strongly oxygenated water. This will violently irritate the skin without in the least affecting the spots.

For several years past, physicians have successfully used periodide and perchloride of mercury in certain cases of skin diseases, that resisted other treatment. This success suggested the idea of employing perchloride of mercury against freckles, and druggists sold it for that purpose. From the



druggist's laboratory this mercurial salt passed to the perfumer's shop, whence it is now sold as a pomade, an extract, a lotion sovereign against freckles. We have already said that derchloride of mercury, or *corrosive sublimate*, is a violent poison, that should only be handled by a physician or a chemist, and we repeat that people cannot be too careful in avoiding these substances, of which the improper use may be fatal to beauty and to health.

We had under our own observation the case of a young lady who, in consequence of using a specific against freckles, had her forehead disfigured by permanent cicatrices.

Following up the studies of our predecessors, and after several years of experience, we have come to the conviction that it is impossible to efface freckles by chemical agents; but we have discovered an agent that enters into combination with the spot, modifies its color, attacks and destroys the pigmentary cells, and after a few days detaches it entirely from the skin. We have named this agent the *Chemical Anti-Freckle Water* (see *Formula No. 24*).

*Method of Employing the Chemical Water to Destroy Freckles.*—First remove any grease that may adhere to the surface of the skin, by washing it with the *Pine Tar Soap*, and after carefully drying, dip a camel's-hair pencil in a solution of gum arabic, and with it coat all that part of the skin which is free from spots or freckles, leaving the latter

untouched. The motive of this is to insulate the spots and to protect the other portions of the skin from the action of the *chemical water*.

When the coating of gum is perfectly dry, take another camel's-hair pencil, and dipping it into the chemical water, touch repeatedly all the freckles until they are of a brownish-black hue. Then wait for the effect.

The following is what takes place in the tissue of the spot, which is composed, as we have already said, of a strong proportion of carbon.

The chemical water penetrates and impregnates the spot, filtering through and fixing itself in the tissue without any chemical combination, exactly as does the coloring matter in the carbon. The chemical principle of this water thus settled in the spot reacts slowly on the pigmentary atoms and completely disintegrates them, without interfering with the surrounding skin, protected as it is by its coating of gum. Once the molecules disintegrated, the spot changes its character and becomes a foreign substance, held in its place by the thin layer of epidermis, which covers it, and all that is needful to remove it is to destroy this thin layer. To do this, on the following day repeat the operation as above described, but previously rub the skin gently with a very fine pumice-stone, in order to wear away the epidermis film. The destruction of the film is indicated by the appearance of a little serous matter, which gradually hardens on exposure to the atmosphere, and forms a light transparent crust.

On about the sixth or eighth day this crust falls off, taking with it the freckle that is encrusted in it. There will remain for a few days afterwards a slight reddish depression, similar to that which follows a slight scratch, but this will vanish in a few weeks.

When freckles are light and of recent formation, particularly when on very fair and delicate skins, they will frequently disappear by the use of *Packer's Pine Tar Soap*, which is the least irritating of all soaps, and certainly the best tar soap in use.

#### WHITE OR DULL-COLORED SPOTS ON THE SKIN.

*Leucoderma, Albinism, Morphea, Leucopathia.*—These spots, irregular in form and of various sizes, are occasioned either by the discoloration or by the destruction of the pigmentary layer of the skin. Nature herself often finds the remedy for this discoloration; but when this remedy is too long delayed, we advise a diet rich in carbon and repeated frictions on the spots, so as to stimulate the pigmentary layer and increase its secretions. The following prescription is excellent for these frictions:

Tincture of pepper .....	5 oz.
Camphorated alcohol .....	5 “
Liquid ammonia.....	1 “

After having well rubbed the spot with this mix-

ture, anoint it with the trikogenous ointment. Under the influence of this strong stimulating treatment, the *chromatophorous glands* are started from their torpor and secrete pigmentary humor, and this being absorbed by the roots of the microscopic hairs of the face, percolates them, and restores gradually the natural color to the place where it was wanting. Several physicians prescribe a slight blister on the discolored part, and thus get a prompt cure.

## NÆVI MATERNI,

### OR BIRTH-MARKS.

Under this general term are comprised all the signs and marks on the skin with which a child is born. We will not now stop to discuss the origin of these marks, which were formerly attributed to desires and strange fancies of women while pregnant.

There are two kinds of *nævi materni*; the first, spots more or less brown or yellow in color, belonging to the class of pigmentary spots; the second, spots of a red hue, ranging from strawberry color to deep purple, and belonging to the class of vascular sanguine spots.

These *nævi* vary in size, shape, and hue, generally remaining as they first appear. Sometimes, very rarely, however, they extend with age and grow to a considerable size. There have been

cases of spots of the color of port wine, originally very small, invading in time the whole face or the whole limb.

The pigmentary *nævi materni*, or those which have an origin analogous to that of freckles, should be treated in the same manner, only, the spot being larger and deeper, the treatment requires to be continued for a longer time and to be more energetic.\* We will, further on, give several remedies recommended by eminent physicians who have paid special attention to these marks.

## SECTION I.

### SANGUINEOUS VASCULAR SPOTS.

These spots are due to the dilation, to the exudation, or to the rupture of the sanguineous vascular network; they are of a light-red color when produced by the arterial system, and of a dark-red or purple when due to the venous system. They are of four kinds: *petechia*, *cyanosis*, *ecchymosis*, and *birth* or *mother's marks*. We will not deal with the first two, which belong more especially to medicine; but will treat of the last two, as belonging more particularly to the subject of this work.

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\* Several surgeons have succeeded perfectly in getting rid of birth-marks of a brown color by the use of the *chemical water*. Among other cases we will mention one of a lady who was freed of a large *hairy* spot upon the cheek in the space of twenty-three days by the persistent use of the *chemical water*.

*Ecchymosis.* — After a contusion or compression, more or less violent, of the flesh, the dark-blue color which the skin presents shows that the sanguineous capillaries have been broken and that there exists an extravasation of blood in the cutaneous tissue. Slight bruises or contusions are of no importance, and heal readily of themselves; but if the contusion is severe, and the sanguineous effusion is considerable, as may be seen by the extent and deep color of the ecchymosis, it would take, if left to itself, too long a time to heal, and it becomes necessary to have recourse to those remedies recognized as the most efficacious.

These are compression and the application of bandages, soaked in discutient water, to the bruised part.

Compression is employed with success in cases of bruises on the head and face and other places which allow of bandages being firmly held thereto.

Discutients are applied as local baths, lotions, or topics; they hasten the absorption of the extravasated blood, and shorten the duration of the ecchymosis or bruise. Pure cold water, or water slightly aromatized, water whitened with a few drops of liquid subacetate of lead, or benzoic alcoholate, and bread poultice, are the best discutients we can recommend.

We also strongly recommend the *Milk of Hebe*, which is very easily applied in the following manner: To about half a pint of water add a few drops of the *Milk of Hebe*, until it acquires the color of

milk, and with it soak a cotton or linen cloth several times folded. Apply the cloth to the bruise and keep it constantly moist with the water without removing it. In a few days the bruise, from blue, will become yellow, and will finally disappear. All other topics generally used, such as soap dissolved in water, salt and water, wine, camphorated spirits of wine, etc., etc., are much less efficacious.

*Nævi*.—The sanguineous vascular birth or mother-marks, covering a large space, are usually considered indelible. Still we think that by operating a ligature of the principal arterial or veinous trunk that supplies them with blood, the spot would lose its color, and then, maintaining a continued pressure, resorption would take place. This method, which appertains entirely to surgery, is worth trying.

Spots of this description, when of small extent, can be obliterated by several means. We give the most certain methods herewith :

#### HOGSON'S METHOD.

Dr. Hogson has employed a simple and easy plan to destroy birth-marks on very young children, by vaccinating them on the mark itself. The inflammation which occurs after vaccination destroys the mark, which is replaced by the white cicatrice or scar, called a vaccination mark. We recommend parents whose children are afflicted with birth-marks, and that have not yet been vaccinated, to try this remedy. . . . .

## LAFARGUE'S METHOD.

Dr. Lafargue uses, with success, a plan very much like the preceding, and which consists in operating upon the surface of the mark six or eight punctures with a needle or a lance, of which the point is dipped in a drop of *croton tiglium* oil. This little operation is performed in the same way as vaccination. Thirty or thirty-six hours after the inoculation of the croton oil, the birth-mark is transformed into a kind of boil, which becomes heated and painful. The work of inflammation disorganizes the colored tissue of the mark and throws it off by suppuration. After seven days the boil decreases, heals, and leaves but a small mark, less disagreeable to the eye than the previous one.

## CREOSOTE WATER FOR BIRTH-MARKS.

The *Journal de Chimie Medicale* gives, as having been employed with success, the following prescription :

Creosote .....	$\frac{1}{3}$ oz.
River water.....	10 oz.

Mix the two thoroughly and with them soak a piece of fine linen, which apply to the mark and keep it there by a bandage. The linen must be kept well soaked with the creosote and water. After a few such applications, the epidermis will swell, and, bursting, give rise to a slight abrasion, that must be covered with a piece of diachylon or



court-plaster, in order to produce a favorable discharge. In a few days the spot is carried off by a kind of serous suppuration, and is replaced by a small cicatrice, that finally disappears also.

Some persons have pretended that liquid subacetate of lead, applied by means of small compresses, frequently renewed, would cure erectile tumors and efface birth-marks. This is erroneous.

There remains to be described an ancient process, that can be performed without danger on any one that does not shrink from the prick of several needles fastened together in a bunch.

#### INDIAN MANNER OF OBLITERATING TATTOO-MARKS AND BIRTH- OR MOTHER-MARKS.

Tattooing is, as is well known, an operation which consists in puncturing or incising the skin, so as to introduce beneath the epidermis any kind of coloring matters. Dissection of skin that has been tattooed, shows that the coloring matter of the tattooing is incrustrated in the pigmentary layer, of which it takes the place. This fact being proved, it becomes necessary to find some chemical agent that has the property of discoloring the incrustrated matter. Those who considered this discovery impossible were not quite correct, as we have succeeded in discoloring red, yellow, and green colors. Black alone resists, being composed principally of carbon, and it is to mask this black or bluish color that the Indians have been accustomed, time out of mind, to perform a new tattoo-

ing over the old, in order to cover up the first, and they do this in the manner described in the following incident:

Bernadotte, when a private soldier, had the emblems of the French republic tattooed with gunpowder on his arms, and much regretted having done so when he became the king of Sweden. A Bavarian surgeon succeeded in effacing these marks by the Indian operation, as follows:

The tattooed spot was first washed in tepid water, dried, and then rubbed with a linen cloth in order to excite the skin. The mark was then covered with a half liquid mixture of white lead and vermilion, of the same tint as the flesh, and every tattoo-mark was pricked over again with three fine needles fastened together. The points of the needles were frequently dipped in the coloring matter in order that it might thoroughly penetrate the punctures. If this operation is well performed, the old tattooing is entirely concealed beneath the new, which being of the same color as the flesh is, of course, imperceptible.

This operation can also be performed on nævi or birth-marks of moderate size, and if the color has been carefully matched to the tint of the flesh, the birth-mark is hidden under an imperceptible tattooing.

To efface tattooing done with red, green, yellow, or other colors, it is requisite to surround the place with a little wall of paste, and place a drop of chemical water on the spot to be discol-

ored. Then prick the skin, as in the operation we have described above. The chemical water will penetrate by the punctures to the tattooing matter and destroy its color. The better to insure success, the blood from the punctures must be wiped off occasionally and the chemical water renewed. After the operation, an embrocation of oil of sweet almonds, or, better still, of *crème-neige*, will allay the irritation.

*Nævic Tumors*.—Pediculate birth-marks, having the form of erectile tumors, and resembling, more or less, strawberries, raspberries, currants, cherries, etc., etc., should always be treated by ligature in the following manner: The base of the tumor is encircled by a waxed silken thread with a running knot, which is drawn as tight as can be borne. The knot is then made fast and the two ends of the thread, cut off about an inch long, are secured by a small patch of court-plaster to the skin. On the following day take off the old thread and put on a new one, which draw tighter still, and continue doing this until the tumor fades away, dries up, and falls off of itself.

When the *nævic* tumors are large, always consult a doctor.

## CHAPTER VIII.

### HERPES AND ITS DIFFERENT VARIETIES.

THE general term of *Herpes* is used to designate certain affections of the skin, whose principal characteristic is the power they have to be transmitted hereditarily or by contact. Many celebrated physicians, in the first rank of whom are Alibert, Rayer, Kunckel, Cassenave, and Chocdel, have done good work, and published some excellent books on skin diseases, and it is from them that we shall draw our information, avoiding, however, as far as possible, the scientific classifications, that would only confuse the majority of our readers.

A profound etiological study of herpetic affections has caused them to be divided into two categories :

1st. Herpes produced by exterior causes, and which are essentially local.

2d. Herpes caused by interior trouble, of which they are only one of the symptoms.

We will only speak here of the first; the others, generally serious, require medical treatment, more or less long, careful, and energetic. Without troubling ourselves with the innumera-

ble scientific terms used to distinguish each separate form and kind of herpes, such as, *favus*, *eczema*, *pytiriasis*, *porrigo*, *lichen*, *psoriasis*, etc., etc., we will, as the simplest and best understood, adopt the following classification :

1. *Dry herpes*, known by the epidermic matter they evolve, and which is called *scales* and *scabs*, giving them a dusty appearance. These dry herpes have their seat in the mucous element and mucous follicles of the skin.

2. *Wet herpes*, generally raw, and discharging a humor which forms a crust. This kind of herpes is situate in the sebaceous glands of the skin.

Knowing the exact position of the evil, it would appear easy to expel it, and a slight herpes on a healthy child, offspring of healthy parents, is very easily cured, if taken at its first appearance. Chronic or extensive herpes, which are symptoms of internal disease, or which are caused by some constitutional evil, are more difficult to cure, and require medical treatment. That the evil of herpes is hereditary, is one of the best established facts of pathological science, and every person so afflicted should consult a physician experienced in the treatment of diseases of the skin, and follow closely his prescription. Slight and recent cases of herpes, particularly those caused by contact, of which we now treat, generally yield to a cooling diet and to emollient lotions. Should these be without effect after five or six days, the emollient lotions should be changed for lotions of salt and

cold water, to which a few drops of tincture of iodine have been added, or finally with sulphide of potassium. Two or three baths will afterwards complete the cure. Herpes of long standing, or that have become chronic, require treating according to their nature and peculiarities. We will give in brief the most efficacious ways of obtaining a cure.

## SECTION I.

### TREATMENT OF WET HERPES.

Many practitioners speak very highly of the virtues of carded cotton-wool placed on the herpes. This cotton must be removed every night, by means of a lotion of water, stimulated with a few drops of sulphidrate of ammonia. After the lotion apply a fresh layer of cotton-wool, and continue the treatment until a cure is effected.

Dr. Rayer's ointment has obtained a great success in curing sundry affections of the skin, and a great number of persons have got rid of herpes by its use. We here give the recipe :

White precipitate.....	15 gr.
Fresh lard .....	300 " .

Dr. Kunckel, author of a valuable work on the application of preparations of copper to diseases of the skin, tried on a great number of cases of severe herpes the effect of an ointment of bi-oxide of copper. One of the first results of this ointment is to increase the violence of the symptoms

for a few days; the irritation seems to become more intense, and the discharge is more abundant, but in a short time both diminish, the disgorged tissues fall in, and the affected part is covered with thin scales, similar to gold-beaters' skin. These finally falling off, reveal a skin perfectly sound and healthy.

Several German physicians have proved, in many cases of herpes, the specific virtues of tincture of iodine. This tincture is applied with a small camel's-hair pencil, and is accompanied by a feeling of heat, amounting sometimes to that of a burn, according to the greater or less sensibility of the patient. The affected spot must be touched twice a day with the pencil dipped in the tincture of iodine. Sometimes this gives rise to small vesicles on the surface of the herpes, that discharge a yellow matter. Some eight to ten days suffice for a cure, when the herpes is not of a virulent nature.

Many doctors, who have specially devoted their attention to diseases of the skin, exclusively use at the present day mercurial and arsenical preparations in their treatment of herpes. This treatment, although successful, may be open to the charge of being dangerous, as both bi-chloruret of mercury and arsenious acid are deadly poisons. We think it would be better to abandon their use, when the disease is curable with substances entirely free from danger.

We therefore call the attention of medical men, who make a specialty of skin diseases, to the value

of the various preparations of iodine and of iodide of sulphur, in all cases of herpes of the worst kind. A great many observations of the entire success of this treatment have fully convinced us that iodine, combined in various ways with sulphur and with potassium, may be regarded as a specific in the majority of cases of herpes.

We here give a brief description of a course of treatment we have always found to succeed. First etiolate and thoroughly cleanse the affected part by the application of a poultice composed of equal portions of linseed meal and rice flour, which is to remain on all night, and after removal wash the skin carefully with tepid water. Dry it thoroughly and then paint it over several times with a brush dipped in a tincture of iodine. Afterwards cover the spot with a piece of linen to prevent the contact of the air. Repeat the operation the following day, and the third day cover the affected part with a piece of diachylon, which leave on all night. In the morning remove it and apply iodide of sulphur in the place of the tincture of iodine, after washing the herpes with a lotion composed of a tablespoonful of iodide of sulphur to a wineglassful of warm water. After drying the spot it must be painted over several times with a pencil dipped in pure iodurate of sulphur. Continue this treatment until a cure is effected. It will not take long.



## SECTION II.

## TREATMENT OF DRY HERPES.

Dry, crustaceous, floury herpes can be treated in very nearly the same way as the wet herpes. Baths, fomentations, emollient lotions, and, above all, a liberal use of linseed-meal poultices are indispensable to clean and soften the affected tissues, which are generally hardened, so as to render them more easy to be penetrated by the medicinal substances.

Spots on the face, of a mealy or dusty appearance, and superficial herpes, which are very common with young persons, whose skin is very delicate, yield in a few days to the influence of the *sulphurous lotion*, of which we give the prescription in the formulary attached to this work, and which must be used as follows :

Wash the affected part with tepid water, wipe it dry, and then touch it several times with a camel's-hair pencil dipped in the lotion. Leave it for ten minutes, and then repeat the application. An irritation, violent in proportion to the extent of the evil, will be felt. The skin will redden, swell, discharge, and show all the symptoms of irritation. There is no cause to be alarmed at this, as it will soon cease. Should, however, the irritation be too painful, it can be allayed by fomentation with tepid water, or by anointing with *snow-cream*. Sometimes a single application of the *sulphurous lotion* suffices to effect a cure ; in other cases several days

are necessary. It is easy to recognize the signs of success, which are as follows: The irritation produces, after a few hours, a discharge of humor, which, gradually hardening, form a skin, or thin white crust. After a few days this crust falls off, and discloses a perfectly healthy skin beneath. After the cure is effected, it is well to bathe the spot with water, to which has been added sufficient of the lotion to turn it yellow. This will prevent any return of the disorder.

In the case of herpes of long standing, the above described operation should be repeated every five days, until the root of the evil be thoroughly extirpated.

Mixed with six times its volume of water, the sulphurous lotion may be used with great advantage in several cases: 1st, by penetrating the epidermis, it neutralizes the acrid humors and impurities which soil its surface; 2d, it effaces and prevents pimples, red spots, powdery efflorescences, etc.; 3d, it renders the skin white and healthy; 4th, it makes known whether the cutaneous organ is healthy or morbid. On healthy skins it produces a scarcely sensible irritation, while on skins that are not in good condition, although having the appearance of it, it produces a redness and a very lively irritation, that yield to emollients. In the case of *herpes covered with a scaly crust*, it is necessary, as we have before said, to soften and loosen the epidermic scales which cover the herpes, before attacking it with preparations of iodine and

sulphur. The treatment to be followed is about the same as that described above for wet herpes, with a few variations required by the greater or less rapidity of the cure.

When the evil will not disappear under the forms of treatment we have given, it must be considered as due to some internal disorder, and it behooves the person afflicted to have at once recourse to the skill and experience of a good physician.

### SECTION III.

#### TRANSMISSION OF HERPES.

This disease is capable of being communicated by contact, and is the more liable to be so when the weather is warm, the skin moist, and the absorbing faculties of the individual most active.

Parents cannot be too careful in keeping their children from the contact of diseased persons, and should never allow these to kiss their little ones. Persons should avoid shaking hands with those afflicted, and using things belonging to them, particularly their razors. This advice may seem strong to many, but when we reflect on the immense trouble caused by the disease, and the serious damage it does to beauty, we must allow that we cannot be too careful. Dr. Poujol gives us an instance to prove how much the contact of a person afflicted with herpes is to be feared.

“I knew a dentist,” says he, “afflicted with an *eczema* (raw herpes) on his right hand, impart the

disease to eight or ten students that passed through his hands. Herpes were developed on the faces of these young men four days after he touched them."

I could mention several cases of children who became affected after having been kissed by persons who showed no outward symptoms of herpes, but who had its principles in their blood.

A final proof that herpes is contagious, will be found in the following observation :

It is well known that the *itch* is due to an insect (*acarus*) which insinuates itself beneath the epidermis, and certain kinds of herpes are also occasioned by a parasite, which perfectly resembles the *kermes* of vegetables. The works of Raspail tend to confirm this. He relates the following incident :

A child of fifteen was seized with a violent and almost insupportable itching in the region of the right breast, which was followed by a redness that gradually extended to the dimensions of a silver dollar. Two days after, other spots became visible at the distance of a few lines from the first, and closely resembled *empetigo* or raw herpes. With the help of a strong glass, small black spots could be seen incrustated in the tissue of the larger spots or marks, and on these being removed, leaving a pretty large cavity, there ran from this a clear liquid. Observed under a strong microscope, these little spots appeared, by their form and development, to be closely analogous to the micro-

scopic insects known as *kermes*, which attach themselves to the leaves and bark of plants. These insects remain always in the same spot, lay their eggs, and terminate their existence by being devoured by their progeny, who emigrate to a short distance and follow in the steps of their parents. From this it happens that each successive generation and migration of *kermes* produces a circle of dots concentric to the original spots. The first circle shows the first generation, the second the succeeding one, and so on.

The specific cause of the evil being ascertained, Raspail placed a compress, saturated with camphorated alcohol, on the affected spot, and the itching ceased immediately, the progress of the recent spots was arrested, and very shortly the older spots disappeared. In three days there were no traces left of either.

Thus, according to what we have just written, several kinds of herpes are due to parasites, belonging either to the vegetable or animal kingdom, and the knowledge of this fact allows of our drawing the following conclusion: The best and surest way to destroy the evil, is to destroy the parasite that gives rise to it and continues it, and the agents therefor are either camphorated spirits of wine or salt and water, to which is added a little ammonia, according to Raspail; but these agents may, under certain circumstances, violently irritate the skin and occasion a great deal of trouble, and they are not invariably successful. Water,

with creosote or oil of bitter almonds, in which a few drops of tincture of iodine have been mixed, will prove a favorable substitute.

## SECTION IV.

### ITCH.

Microscopic observations have clearly proved that this disgusting disorder is due to the presence of a parasite (the *acarus*), which gets beneath the epidermis and provokes an irritation, characterized by small whitish pimples, filled with serous matter, and accompanied by a violent itching. The itch is communicated with the greatest ease, either by immediate contact or by the contact of the linen and clothes of any one afflicted. The contact allows of one of the insects, or some of its eggs, to lodge on the hitherto healthy person, and these propagate with rapidity.

The simplest and promptest way to destroy the *acarus* is to bathe the affected spot with the following lotion :

Iodide of sulphur, or of potassium.....	150 gr.
Water .....	32 oz.

After using this, and when the skin is cracked or chapped, anoint the part with the following ointment :

Powdered stavesacre.....	150 gr.
Boiling fat .....	16 oz.

This ointment has been tried with great success

in many cases of itch by Dr. Bourguignon, its inventor.

After continuing this treatment twice a day for five days, take a bath, and use plenty of soap. We have substituted Spanish camomile for the stavesacre with good effect.

In the event of the disease resisting this treatment, we recommend the use of sulphide of lime in powder.

Take 25 grains of this substance in the hollow of the hand, pour a few drops of oil thereon, and with it rub the affected part. Two or three baths, with plenty of soap, are indispensable during this treatment to thoroughly cleanse the skin.

A little mild sudorific medicine assists the action of the sulphide of lime and hastens the cure. The most rapidly acting remedy against the itch is certainly the following:

In the morning take a bath of soap and water, and on leaving it, rub the skin with the *sulfuro alkaline* ointment of Helmerich, which is made as follows:

Flower of sulphur.....	20 parts.
Carbonate of potash.....	10 “
Fresh lard.....	80 “

About midday repeat the friction. At four o'clock take another bath of soap and water, and again use the ointment afterwards. At night, before going to bed, give another friction with the ointment, and the next day, after a good bath, always with soap, the itch will have disappeared entirely.

## CHAPTER IX.

ON SEVERAL AFFECTIONS LIABLE TO INJURE  
THE WHITENESS AND SMOOTHNESS OF THE  
SKIN AND THE CORRECTNESS OF FORM  
AND OUTLINE OF THE FEATURES.

### SECTION I.

BOILS—PHLEGMONS.

A BOIL is an inflammation limited to a small portion of the skin, situated in the extension of the subjacent cellular tissue, which, starting from the inner surface of the dermis, forms on its outer surface the areolæ of the mucous substance. This inflammation generally terminates in the mortification of the cellular extensions, and by their expulsion in the form of pultaceous matter, called the *core*.

The best way to get rid of a boil is to kill it as soon as it makes its appearance, by piercing the top with a needle and pressing out a few drops of blood. Then cauterize the wound thus made by means of a pencil dipped in concentrated liquid ammonia. If the inflammation is too far advanced to allow of its treatment in that manner, it is then requisite to keep the boil covered with an emol-



lient poultice, or with a maturative ointment, to ripen it, and then await the expulsion of the core by suppuration.

Where several boils succeed each other constantly, and for a length of time, that is to say, that when hardly is one boil healed than another makes its appearance, the patient should adopt a cooling diet and light regimen, and if the digestive canals are not irritated, a little opening medicine may be taken, and will in most cases correct the vicious tendency of the skin to produce boils.

The *phlegmon* only differs from the boil in being of larger size. It is to be treated in the same way.

## SECTION II.

### CUTS.

Cuts or incised wounds are usually caused either by instruments of steel, or by sharp fragments of glass, flint, etc. They affect the tissues either superficially or deeply, and generally occur on those parts of the body that are the most exposed, such as the face, neck, arms, and hands.

According to the degree of perfection of healing the cicatrice becomes imperceptible, or leaves an indelible trace very injurious to beauty. We will give succinctly the best mode of effecting a cure.

The first thing to do with an incised wound, is to ascertain that no foreign bodies are in it, as may happen when the cut is produced by the breaking

of glass, etc. If there are such things, they must be carefully removed. Wipe off the blood, and bring the edges of the wound carefully together, retaining them there firmly by strips of diachylon, if the cut is large, or with court-plaster if but a small one. These strips should be firm and in good number, so as to perfectly prevent any change of the position of the edges of the cut, through any forced motion of the injured part. The plastic lymph transuding from the divided vascular branches will then glue the parts together, and forms a white line on the surface, indicating where the cut was.

It is important to remark that exposure to the air materially lessens the rapidity of a cure, and the chances of cicatrization without suppuration. A cut of which the edges are well united, and kept so for from six to eight days, will be perfectly cicatrized, but the slightest *hiatus* left between the lips of the wound will prevent their joining perfectly and promptly. In the case of wounds accompanied by great hemorrhage or loss of arterial blood, that cannot be stopped by ordinary means, it is advisable to have recourse to hæmostatic remedies, of which the most efficacious are a solution of *ergotine*, and the *water of Brocchieri*. This latter is regarded as the very best of hæmostatics. When applied by saturating a cloth with it, and placing it on the cut artery, it arrests the hemorrhage very promptly, and greatly assists the cicatrization.

If the wound is very deep, and the loss of blood so great as to cause anxiety, the assistance of a surgeon becomes indispensable.

### SECTION III.

SCARS RESULTING FROM THE APPLICATION OF LEECHES, AND FROM THE USE OF CUPPING.

When a serious attack of sickness necessitates the application of leeches, or of cupping, on any exposed part of the body, such as the face, neck, bosom, or shoulders, very small leeches should be selected, in order that the bites they leave be imperceptible, and care should be taken that these bites heal quickly, and without suppurating. The scarifications necessary in the operation of cupping should always be light, for scars caused by deep incisions are disagreeable and indelible. Cupping is rather a means of obtaining a revulsion of the skin than a loss of blood.

### SECTION IV.

BURNS AND SCALDS.

Few injuries have had more nostrums and quack remedies offered for their cure than burns. Every country quack has for sale an infallible ointment for burns, and every old country woman has a specific of her own, the best and only good one, probably handed down to her from remote an-

tiquity. We warn our readers particularly against all these so-called remedies, which are more generally dangerous than beneficial. The treatment of all burns can be resumed in two ways:— Arrest the inflammation which always ensues; when this is impossible, moderate its violence by therapeutic means. We will not here treat of serious burns, or of burns over a large extent of surface; these belong to the surgeon, and we will confine ourselves to burns of a comparatively slight nature. Burns on the fingers, hands, face, and other parts of the body, which are usually exposed, should receive immediate attention, under penalty of an unsightly scar, and sometimes of a wound injurious to the freedom of motion. The best and most rational way of treating a burn is as follows: When one or several fingers have been burnt or scalded, dip them immediately into *pure liquid ammonia*, when the pain will immediately cease. Keep the burnt part in the ammonia for the space of five minutes, then withdraw it, and put it into cold water for one minute only. Dip the burnt place again in the ammonia for five minutes, and again in the cold water for one minute. Continue this operation for from thirty to forty minutes, and afterwards wrap the burn in cotton-wool or batting, and let it rest. Should the pain reappear, repeat the alternate immersions in water and ammonia, but in the majority of cases the first course will suffice to prevent unpleasant consequences.

If the place where the burn has occurred will

not allow of immersion, the ammonia must be applied by means of a cloth folded several times, and well soaked in *pure ammonia*, which press to the affected part for five minutes, then apply a cloth soaked in cold water for one minute, reapply the ammonia for five minutes and the water for one, and so on for the same length of time as with the first plan by immersion. Afterwards cover the place with cotton batting.

Under the influence of this mild and easy treatment, there is no blister filled with serum, no pain is felt, and the next day the epidermis presents a hard and horny surface. This falls off in a few days in scales, similar in appearance to cuttings of gold-beater's skin.

We have purposely written *pure ammonia* in italics, as several doctors have declared that this article is caustic, and that it is irrational to burn a place already suffering from a burn; yet it is a well-known popular habit to hold a burn as close to the fire as can be supported, in order to harden the epidermis. This method is painful, while the use of pure ammonia obtains the same result, and allays the pain at the same time.

We will now proceed to give the physiological explanation of the way in which the ammonia acts upon the tissues.

Ammonia possesses very remarkable diffusive properties; it liquefies the blood when this has a tendency to coagulate, and re-establishes a slackened circulation.

This property has been taken advantage of in cases of stagnation of the blood in the brain, in cases of intoxication. On the other hand, ammonia exercises a caustic action on the living epidermis, and its continued contact produces a blister. On the burnt surface of the skin, however, the effect is different.

The burn has destroyed the vitality of the epidermic tissue; the white fluids secreted by the innumerable vessels of the vascular tissue of the skin, being no longer confined by the epidermic layer, rush to the burnt spot, raise up the thinned epidermis, and form small blisters full of serum. The ammonia having the property of hardening the burnt epidermis, restores it the lost force and resisting power, makes it adhere to the mucous tissue, and renders the gathering of serum impossible.

Besides, its diffusible action compels the fluids, whose course was momentarily and suddenly arrested, to resume their regular flow, and keeps them away from the burnt part.

Another method of cure, when the burn is not severe, and there is no ammonia handy, is by means of cotton-wool, and is easy to apply. First dip the burnt part in cold water to repel the fluids that rush to it; dry it carefully, and wrap it in a thick layer of cotton batting, which secure by a band of muslin. Five or six hours after change the cotton for fresh. The application of this cotton entirely allays the pain, and prevents the formation of blisters. After a few days nothing will be seen

on the burnt skin, but the hardened and shining epidermis, that in a short time will fall of itself, without leaving a cicatrice. We cannot too strongly recommend this simple plan, which is within the reach of all.

Physicians use as a specific, in cases of burns, anoleo-calcareous liniment, of which we give the recipe in the formulary at the end of this work. The effects of this liniment are far from satisfactory, and we have taken note of five or six cases where it has entirely failed. When the liniment was removed, the burned place presented a discharging sore. We, therefore, have good reason, we think, to prefer to this, which is not a specific, cotton-wool and ammonia.

## SECTION V.

### OBSTRUCTION OF THE SEBACEOUS GLANDS.

In the chapter treating of physiological anatomy, we spoke of these small glands, and deem it useless, therefore, to describe them anew.

The skin in certain portions of the body excretes an oily matter called *sebaceous humor*.

Now, when the excreting canals of the utricles, or the small glands which supply this matter, are obstructed, the sebaceous humor, not being able to find an issue, becomes hardened, and either gives rise to a local irritation of the skin, showing itself by an irruption of small white-tipped pimples, or of little white concretions having the shape and

appearance of millet seeds, and which, with very few exceptions, are always situated on the eyebrow, or close beneath the eyelid, on the upper part of the cheek, or around the base of the nose.

The promptest cure for *pimples* is to puncture them on their apex, as soon as they appear, and to squeeze them till a small white core, which is the principle of the irritation, is expelled. A slight exudation of sanguinolent matter follows the expulsion of the core, and in a few hours the pimple will sink down to the surrounding level. The humor that exudes from the puncture forms a slight crust, or scab, which falls off itself in a few days, and carries with it all traces of the pimple.

If, instead of the above plan being adopted, the pimple be allowed to ripen naturally until it breaks of itself, it will take from seven to eight days, and the original centre or focus of the inflammation will be marked by a red spot or scar, that will remain for weeks, and sometimes for months.

The small miliary concretions that appear on the eyelids, the upper part of the cheeks, and on the sides, or at the root of the nose, are painless, and simply blotch the skin. They are really foreign bodies lodged beneath the epidermis, and all that is necessary to do to get rid of them, is to scratch the skin slightly, and expel them by gentle pressure on either side.

The excreting ducts of the sebaceous glands are also liable to obstruction and to a swelling, which render their orifices more or less visible on the sur-



face of the skin. The curdled matter that fills their openings is easily expelled by pressure.

In some cases the small black pimples caused by these secretions of sebaceous humor are so numerous as to cover the whole face, and resist the action of any amount of washing with soap and water. To cure this unsightly stain, milk of bitter almonds, acidulated with a few drops of lemon juice, has been recommended; but, like several other remedies, such as anointing with oil of nutmegs, with honey, with cream mixed with lemon juice, it is perfectly useless, and the specks remain.

There exists but one effective way of dealing with these spots, and that is to clear out the ducts, and to destroy the black speck at their mouth. This result is obtained by rubbing the spots with a paste made into tablets, and which we have named *detersive*, because it cleanses and polishes the surface of the skin instantaneously.

The *detersive* and bleaching qualities of these tablets are most remarkable; it cleanses the skin admirably from all spots and impurities; it destroys the black specks we are now treating of, and contracts the sebaceous ducts which produce them; it polishes the epidermis, and imparts to it a whiteness not attainable by any other means.

*Mode of Application.*—Rub the affected parts with the tablet, so as to whiten it all over, and then with a little *Pine Tar Soap* on the tip of the finger; rub the skin in every direction, so as to spread the paste, and cause the specks to disappear. If this

first operation does not succeed, rub the tablet again over the part, and anoint it as before, till the spots vanish. By repeating this operation once a week for a month, the skin will be entirely freed from these unsightly little black spots.

Spots of this kind, but of a considerable size, which make a little dent in the skin, must be treated differently. A plan which always succeeds, and which we strongly recommend, is to destroy the follicle, in which the speck is situated, and which is accomplished in the following manner: First prick a very fine needle perpendicularly into the spot, as far as is possible without causing pain, then give a slanting direction to the needle, and pull it out violently, so as to tear the cap or covering of the follicle, and press firmly with the finger, to expel the black speck slightly tinged with blood. When the rent is complete, the follicular cap gets inflamed, and the result is an internal cicatrice, that obliterates forever the excreting duct of the sebaceous gland. This little operation should only be performed on specks of a large size, and only on a few at a time, for if too many are treated the same day, it may cause pain, and a violent irritation of the surrounding parts. When the scratch or puncture is cicatrized, use, from time to time, the *detersive tablets*.

## SECTION VI.

## WARTS.

The unsightly excrescences called warts, are well known to all; but what is less generally known, is that their apex is situated in the fibrous layer of the skin, and that they project their roots to the surface of the epidermis.

Warts spring from one or two fibrous extensions, which, passing through the mucous layer of the skin, are divided into rootlets, whose greater or less number influences the size of the wart. Hence it follows that by destroying the roots, the wart is not destroyed, and it must be attacked at the head.

There are three kinds of warts—*pendant*, *round*, and *flat*. There are persons whose hands are covered with warts; and this has given rise to the idea that the contact of these inequalities of the skin's surface, and particularly that of the blood that comes from them if cut, was contagious. This has yet to be proved.

A number of methods, some of them very strange, have been employed for the destruction of warts. We will mention some of the best and most simple.

Pendant warts can be cut off, either with a sharp instrument, or by being tied with a waxed silken thread. Make a ligature as close to the base as possible, and draw it as tight as can be borne. Fasten the silk firmly, and in a few hours draw it

still tighter. Practice this for two or three days, until the wart dries up and falls off.

For flat and round warts the best plan is to cut them to the quick, and after having wiped off the blood, touch the wound with a very fine camel's-hair pencil moistened in nitric acid. Instead of a pencil a tooth-pick may be used, but great care must be used that only a very minute drop of acid be allowed to touch the wound, for more would eat too deeply into the skin. The wart must be touched in this manner several times a day, and when the disconnected roots appear they must be pulled out with small tweezers. When this is done the cure is complete.

Persons who have several warts close together on the same part of the body, are advised to attack the larger ones only, as experience tends to show that the destruction of these generally entails that of the small ones. When warts are so numerous as to cover the fingers, the hands, or any other part of the body, the use of caustic would be too long and too painful, and we therefore advise the following mode as being very successful: Cover during the night the part affected with warts with a piece of diachylon, or, better still, with a poultice. The following day wash it in vinegar and water, dry it and rub it with salts of ammonia. Rub the part four or five times a day, and continue the treatment for from three to five days, when the warts will fall off themselves. If the salts of ammonia do not produce the desired effect, salts of savin may be substituted.

## CHAPTER X.

### THE HEAD.

THE head, the noblest part of man, which renders him superior both in beauty and intelligence to all other animals, is endowed with a remarkable malleability during the first stages of existence, and will assume and retain any shape that may be imparted to it.

If we refer to history, we find that the peoples of antiquity were in the habit of altering the natural shape of their children's skulls to suit their ideas of beauty. Hippocrates speaks of the *Macrocephali*, so called on account of the length of their heads. Strabo mentions the *Sigynes*, a people living near the Caucasus, equally remarkable for the posterior elongation of the cranium. From time immemorial the bonzes or priests of China have had heads of almost conical shape, and this peculiarity which distinguishes their caste is due to the manipulation to which the skulls of their children are submitted during infancy. Some tribes of America and of Oceanica offer still more singular examples of distortion of the head. Some are square, some triangular, some are elongated, and some flat; sometimes they are perfectly spher-

ical. Among these heads, which all appear singular to our ideas, some are monstrous and frightful to the extreme.

Travellers who have ascertained the truth of the foregoing statements, and have tried to discover the cause of these deformities, all agree in saying that the mothers shape the heads of their babes by means of small boards or sheets of lead fixed to the skull by bandages. In some countries moulds of clay are used to press the head. A few years of this operation suffice to give the desired shape.

The nose, the eyelids, the lips, and ears are also moulded and shaped as fancy or fashion dictates with equal ease. The Hottentots flatten their children's noses; the Peruvians lengthen theirs by continual pulling. Plutarch tells us that the ancient Persians considered that a long and aquiline nose was the only one considered worthy of adorning the countenance of royalty, and consequently the cradle of a future king was always surrounded by eunuchs, whose special business it was to constantly pull the nose of the embryo monarch, in order to give it the required majestic length. The Chinese greatly admire eyes half open and slanting, and their women, from the earliest age, pull and pinch their features till the desired effect is obtained. Some races think a great deal of thick lips; others consider long ears a charm, and nothing is easier than to acquire this most hideous development. The hair is also susceptible of alteration of length, thickness, and color.

**PHYSIOGNOMY.**—A head relatively too large for the body, as in the case of children and dwarfs, is a sign of a heavy, sleepy, and indolent disposition. Heads that are too small mark a light, giddy, or frivolous disposition, not capable of application to serious study. A head of the medium size is the most favorable to intelligence and good sense. By large and small heads we mean, of course, abnormal want of proportion to the body.

This rule is, besides, subject to very wide exceptions. Cuvier, the great French naturalist, had an immense cerebral development, and William Pitt, who was prime minister at the age of twenty-four, had a remarkably small head.

## CHAPTER XI.

### THE FACE.

THE "human face divine" is the most attractive of all sights, says an eminent French writer, and it is, therefore, not surprising that it has been in all ages the object of most particular care and attention, especially with the fair sex. It is certainly the most striking part of the person, and that which possesses the greatest individuality. It is by the face that a person is known and distinguished from others, and the eye naturally rests on it in preference to any other part of the body.

The vascular network that underspreads the epidermis of the face and the large number of minute subcutaneous muscles combine to give it life and movement. Each part of the countenance has its own expression; each cluster of muscles its separate language; each fibre, as it contracts or expands, under the influence of nervous action, forms some trait on the surface of the face, which may be likened to a painter's canvas, where the physical and moral affections are portrayed, and where human passions always leave their impress. It is to this facility possessed by the features of acting



separately or together that is due the infinite variety of facial expression.

Our thoughts, our sentiments, our various emotions, all find in the muscles of the face their own individual expression ; and the contraction and expansion of the muscles, and the varying color of the skin, express all the different shades of joy, sorrow, love, hatred, fear, etc., etc.

In the case of irascible, hot-headed people, depressions varying in size may be noticed at the base of the nose and near the base of the eyebrows. A permanent smile on the lips creates wrinkles round the base of the nose and in the cheeks. Melancholy and meditation depress the eyebrows and wrinkle the skin of the forehead. The wrinkles at the corners of the eyes, vulgarly called *crow's-feet*, are caused by the incessant contraction of the orbicular muscle of the eyelids, and the contraction itself arises from too strong a light, grief, passions not of a joyous nature, old age, etc. Relaxation of the muscles and loss of flesh also cause wrinkles, but they are effaced with the recovery of health and fat.

Emotions, slight and of short duration, leave no traces on the features ; but lively emotions, if frequently undergone, and lasting some time, do finally impress their mark. During youth the countenance is free from these impressions for the reason that the emotions are at that age of a fugitive nature ; but as man advances in age, as his passions increase in intensity, certain muscles of

the face are in constant action, while others are always in repose. This unequal division of labor of the muscular action is the real cause of the lines and wrinkles marked on this or that part of the face. Physiognomists divide the movements of the face, resulting from mental influences, into three classes: *expansive*, *oppressive*, and *convulsive* expressions.

*Expansive* expression is made manifest by the expansion of the features. The forehead is clear and serene, the eyebrows, slightly raised towards the centre, are immovable, the eye is bright, the nostrils are dilated, the curve of the mouth is stretched and its extremities elevated, the cheeks are raised and rounded, a smile appears and rests on the lips, which are animated by a brilliant carnation. Such are the evidences given by the countenance of joy, love, happiness, hope, etc.

In *oppressive* expression, created by fear, remorse, regret, disappointment, etc., there is to be noticed the relaxation of the greater number of the muscles and the lengthening of the features, a discoloration of the skin and a general anxious, sorrowful, and downcast look.

The *convulsive* expression is characterized by the sudden action of the muscles; the features are drawn and stretched, the eyebrows are violently contracted, the eye remains wide open and emits flashes, the jaws are firmly closed, and the skin is sometimes cold and discolored, and sometimes red and inflamed. These convulsive movements, in

reality a nervous attack, are soon transmitted to the entire system, as is often seen in outbursts caused by anger, hatred, revenge, despair, etc.

These expressions and alterations of the physiognomy are due to the increase or to the diminution of the muscular irritability. In violent or sudden passions there is an increase; in sad or concentrated passions there is a decrease.

This brief description will, we trust, explain the important part played by the muscular system of the face, and that it is by wisely governing the action of a particular set of muscles that the countenance reveals the various expressions of beauty, nobleness, calm, joy, and grief, of which we have just spoken.

The beauty of the face depends on the harmony of the features; but the basis of this beauty lies in its perfect oval, and in proportion to its near or far approach to it the face gains in beauty and nobility or loses its charm.

The oval should be formed by two lines, which, starting from the symphysis of the chin, expand as they ascend and rejoin each other at the top of the forehead, so as to describe an arc of a circle. The greatest width of the oval should be towards the point corresponding to the temporal extremity of the eyebrows.

The oval of a woman's face, less wide at the frontal region, is on that account more graceful; its expansion occurring below the point corre-

sponding to the commissures of the mouth, imparts a greater degree of delicacy to the chin.

The face has been, moreover, divided by physiognomists into three transversal zones of equal width. The first extends from the top of the forehead to the eyebrows ; the second, from the eyebrows to the base of the nose ; and the third, from the base of the nose to the extremity of the chin. The perfect regularity of these three zones is one of the indispensable conditions of a beautiful countenance.

**PHYSIOGNOMY.**—A broad full face is generally a mark of a gay and jovial temper, not much given to reflection. A face drawn together, small and thin, indicates reflection, prudence, an anxious and reserved mind. A plump, fresh, round face, marks a lymphatic organization, neither vigorous nor energetic ; a good disposition, but slow and indolent. A bony countenance, with high cheek bones and a sharp chin, shows a bilious temperament, a temper firm, decided, obstinate, full of vigor, and capable of most energetic action. Wrinkles before old age denote moral or physical sufferings, and a secretive, difficult, suspicious temper. Faces of which the two sides are not symmetrical, or which offer any irregularity of feature, such as a twisted or crooked nose, one cheek larger or less colored than the other, the mouth or the eyes not perfectly straight, are proofs of unevenness of temper. The reason of this is to be found in the inequality of size and power in the two hemispheres of the brain. The double

senses, like those of sight and hearing, when their force is not exactly the same on both sides, convey unequal impressions to the brain, and hence the want of correctness of appreciation and one-sided ideas.

**HYGIENIC REMARKS.**—While each separate feature of the face demands its special hygienic care and attention, it is to education and moral culture that we must look for that eloquent, speaking expression of the sentiments which animate the human race. When children are ill-treated, beaten, kept in a perpetual condition of passive submission and fear, they will naturally assume a false, hypocritical cast of countenance, while if, on the contrary, they are brought up in the enjoyment of judicious liberty and treated with judicious confidence, their whole physiognomy will breathe frankness and joy.

Remove from children all painful sensations, and their faces will be frank and open; for the feelings impress upon the countenance the various workings that characterize them.

Just as the calm waters of a lake reflect the bird or the cloud that passes above them, so do the features reflect the varied emotions of the mind and of the soul.

The face being, as we have just shown, the part of the body that first strikes the eye and attracts the attention, we must not be astonished at its being the principal aim and main object of the calliplastic and cosmetic arts. And what a num-

ber of receipts have been invented for its embellishment — what an array of processes to diminish and conceal its imperfections have been presented to the world ! Unfortunately, the majority of the marvellous secrets which help to fill the advertisement pages of our journals never succeed in obtaining the promised result ; in fact, they not unfrequently produce one exactly different from that anticipated by the buyer.

We trust we have in our preceding chapters clearly satisfied our readers as to the reasons why all these numerous quack remedies are unavailing.

If we consider attentively we shall see that all cosmetic inventions aim at one thing, and that is to impart to the skin a whiteness, a carnation, and a brilliancy that it has not naturally ; but it seems never to have struck those who have hitherto written treatises on beauty, to seek how to act upon the form, to give regularity to features that may be lacking in symmetry and proportion, to straighten them when they are out of line, in short, to correct what the features may have faulty, and thereby to render them agreeable to contemplate.

We believe that if brilliancy and delicacy of completion form one of the conditions of beauty, the regularity and correctness of the features form at the same time a condition none the less essential, and we can safely maintain that it is easier to modify the form than to alter the color.

The age preceding puberty is, of all others, the

most favorable for calliplastic\* modifications and for receiving, by means of that art, the precious gift of beauty.

Later on, it is still possible to give regularity to form and feature, but the facility diminishes as years increase, and, consequently, enlightened mothers should lay to heart the precepts this book attempts to inculcate, and apply them early to their children.

The passionate desire for beauty, so natural to woman, the violent desire of every mother that her children be handsome, and their perseverance in the practice of everything they think likely to add to their personal advantages, all combine to give them faith in the success of calliplastic reform, and we do not hesitate to say that every intelligent lady will, by following our advice, become skilful in the calliplastic art.

With each feature, and each part of the body, and each organ we describe, we shall be careful to give ample detailed information of the various and most advantageous hygienic calliplastic methods of correcting wrong lines and of modifying forms misshapen or deformed.

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\* καλος, *beautiful*; πλαστικός, *form*.

## CHAPTER XII.

### THE FEATURES AND ORGANS OF THE FACE.

**THE FOREHEAD.**—The forehead is the most elevated, the most extended, and the most characteristic feature of the face. It forms its crown and increases its majesty and beauty. It is well known that the width, height, and regularity of proportion of the forehead give the measure of the intellectual faculties. The laxity of the skin of the forehead, its folds and wrinkles, indicate the passions that have stirred and still stir the human breast. In other terms, the anterior and superior part of the bony structure of the skull gives, by its form and dimensions, the sum of the moral faculties of the individual, and the cutaneous part, by its tension, its relaxation, and its wrinkles, indicates the use he makes of these faculties.

A really fine forehead should be correct in all its proportions; neither too high nor too low, neither too round nor too flat; the hair should crown it and curl symmetrically round the temples, so as to contribute to the purity of the oval of the face, for if a bald-head is not very agreeable to the eye, a forehead on which the hair descends too low is less agreeable still.



**PHYSIOGNOMY.**—The forehead, from its start to just below the eyebrows, may be considered as a numerative table of the character of the individual and his aptitude for the arts and sciences. Foreheads high and well proportioned, are the unerring indices of great intelligence. The large and prominent forehead of the Olympian Jupiter, and of the Minerva of the Parthenon, seem swelling with eternal wisdom. Contracted, narrow, and low foreheads indicate, on the other hand, a weak intellect, and often idiocy. People with a pliant disposition, and disposed to flatter, have receding foreheads; obstinate, quarrelsome, disagreeable characters have nearly always straight foreheads. Foreheads too large or too small in proportion to the size of the head, are generally an indication of a weak mind, wanting in initiative and energy. Round foreheads mark courage, will, obstinacy, while square foreheads show well-balanced minds, constant in tastes and firm of purpose in their undertakings. Rugged, uneven foreheads show cunning and dissimulation, and persistence in imposture, whence the expression, "*a brazen forehead.*" Foreheads wrinkled horizontally show moral concentration and reflection, and those that are wrinkled vertically are an indication of hot temper and inclination to anger. Smooth, open foreheads denote peace of mind, calmness of the soul, and amiability of temper.

**HYGIENE.**—The forehead should never be compressed by the head-dress or any kind of orna-

ment, and it requires the same attention to cleanliness as the rest of the face.

When the forehead is low, narrow, and contracted, its size can be artificially increased by pulling out the exuberant and superfluous hair that covers the top of it. This plan simply affects the appearance, and has no influence whatever on the cerebral organs, while there does exist a means that acts internally, developing and increasing the volume of the brain. To obtain this magnificent result, it is requisite at an early age to give to the functions of the brain a sustained activity, by cultivating the intellectual faculties; and as a consequence the forehead will gain in height, will expand and soon bear the stamp of intelligence. The celebrated Spurzheim mentions a very remarkable case in connection with this matter. A man of thirty years of age with a very low forehead, and endowed consequently with very little intelligence, having all at once taken up the study of the sciences, the great phrenologist took a very exact measure of his cranium. After four years of uninterrupted study on the part of the man in question, his head was again measured, and was found to have sensibly increased in size; and finally, a few years later, the studies still continuing, the man's head was found to have become more than three-quarters of an inch larger.

To efface wrinkles on the forehead in the case of young persons who have contracted the bad habit of working the subcutaneous muscles of that

feature, we recommend the use of a strip of new linen dipped in a mixture of equal parts of alcohol and white of eggs. This band or fillet should be applied to the forehead before going to bed, and be worn every night until the wrinkles have disappeared.

We shall have occasion to speak further on of another method of effacing wrinkles.

## CHAPTER XIII.

### THE EYES.

THE eyes, those priceless lamps which guide us through our social life, and reveal to us the splendors of nature, those ardent furnaces whence flash the fires of love, the sparkle of enthusiasm, and the lightnings of genius; brilliant mirrors which are rendered radiant by pleasure or obscured by the shadows of grief; the eyes are not only the faithful interpreters of our intimate affections, of our passions, but they also speak that silent language which penetrates the souls of others — a language full of eloquence, rapid, varied, and universally understood the wide world over.

It is in our eyes, says Buffon, that the image of our secret agitations is depicted and can be recognized.

The eye appertains more closely to the soul than any other organ; it seems to touch it and to partake of all its feelings, expressing its most lively passions, its most stormy emotions, as also the sweetest affections, and the most refined thoughts. These the eye renders in all their force, in all their purity, just as they spring into existence; it transmits by rapid strokes to another soul, the

fire, the action, the image of the soul whence they emanate. The eye receives and reflects at the same moment the light of thought and the warmth of feeling, and is at once the sense of the mind and the language of the intellect. The eyes have consequently a language whose power cannot for an instant be doubted.

Among the immense variety of expressions which go to make up the language of the eye, we will mention the most powerful only :

The *sweet* and *amiable* glances of beauty ; the *open* look of frankness ; the *sly* look of hypocrisy ; the *inflamed* look of passion ; the *pale* and *chilling* look of indifference ; the *pressing* look of desire ; the *sparkling* look of joy and pleasure ; the *dull* look of suffering ; the *timid* look of innocence ; the *bold* look of impudence ; the *cast-down* look of chastity ; the *lascivious* look of lust ; the *assured* look of confidence ; the *furtive* look of jealousy ; the *indiscreet* looks of curiosity ; the *fixed* look of stupidity ; the *penetrating* look of the man of intellect ; the *shifting* look of frivolity ; the *sidelong* look of pride, scorn, and disdain ; the *flashing* look of anger ; the *anxious, uncertain* look of dread and fear ; the *decided* look of courage ; the *calm* and *settled* look of wisdom ; the *bright* and *radiant* look of hope ; the *cast-down* look of despair ; the *fixed* look of inspiration and ecstasy ; the *troubled* look of guilt ; the *assured* look of the just, etc., etc., etc.

But it is above all in the mysteries of love, that

the language of the eye displays all its wondrous eloquence.

What a precious resource do the eyes not afford to young lovers, who, living under constraint, have no other means of communicating to each other their fears and their fondest aspirations?

What other language than that of the eye could render with such charm, such perfection, the intoxication of bliss?

What we have said will, we think, show that the eyes not only receive external images, and communicate them to the brain, but that they also transmit outwardly the living expression of the varying emotions of the soul and heart. The finest and most beautiful eyes are those that the most efficiently fulfil these double functions of giving and receiving.

**COLOR AND DIMENSION OF THE EYE.** — It is well known that the part of the eye called the *iris*, is of various colors in different individuals. Of these, the favorites are blue and black. Tastes have always varied as to the superiority of these two, and the question is not only not settled yet, but in all probability never will be. Dark eyes have more petulance, more fire, and indicate an ardent soul and lively passions, while blue eyes have a softer, a more tender gaze, and are evidences of a tranquil mind, a tender heart, and calm inclinations.

It is not our province to attempt to decide the question as to the superiority of eyes of either

color; it depends entirely on taste, and we leave it undecided. Some prefer dark eyes, others blue; a sufficient proof that both are equally charming, lovely, and worthy our fondest admiration.

However it may be, the particular color of the eyes is no exclusive condition of their beauty; and perhaps their form is of greater importance. Eyes too large or too small, too close to each other or too far apart; eyes that are too round, or that follow a slanting direction, are not perfect, and detract from beauty. Large eyes, like those the Greek artists gave to Juno and to Minerva, have majesty only, and want grace. When the same artists attempted to depict Venus, the goddess of beauty, they gave to her eyes the attractive almond form. Lastly, the eyes should be in proportion with the dimensions of the oval, and of the features of the face, to combine with them a harmonious and perfectly graceful whole.

**PHYSIOGNOMY.**—Eyes that are large and stare at vacancy, denote generally stupidity and credulity. Eyes always rolling and wandering, are signs of a mind ill-balanced and giddy. Small eyes, deeply seated in the head, reveal an envious, malignant spirit; and eyes drawn down at the inner corners are generally to be found in persons of incommunicative disposition. Cunning and hypocrisy are indicated by small gray eyes, hidden under bushy eyebrows and half closed eyelids. Large, protuberant eyes are a mark of memory, and a large eye, injected with blood, is an indica-

tion of lust. Good faith, frankness, and honesty, are evinced by a clear eye, widely opened, and with an eyelid free from wrinkles. Genius may be seen in a large bright eye. An eye that is round, clear, and sparkling, proves a hot, imperious, domineering temper. Sometimes the eye gets rounder than it was, gaining in height what it loses in breadth, under the influence of admiration, as if it tries to open itself beyond its limits, the better to take in the object it gazes at.

Bright black eyes denote activity, energy, and lively passions. Blue eyes belong to calm, mild, timid, and sometimes false dispositions. As a rule, one should mistrust yellowish-gray and greenish-gray eyes; they denote something cat-like.

The look is a ray of the soul transmitted by the eyes. According to its power, its activity, or its mildness, it fascinates, startles, terrifies, or it caresses, attaches, and intoxicates by its charm. The look of some individuals possesses a power which weak organizations cannot resist, as is clearly proved by the very remarkable facts relating to animal magnetism.

## SECTION I.

**HYGIENE OF THE EYES.**—Healthy and well formed eyes should be neither too widely opened, nor too closed; the sclerotic coat, or what we vulgarly call the white of the eye, should be of a bluish-white, and the corner perfectly transpar-



ent. The color of the eyes cannot be changed; but it is possible to modify the opening by much repeated pulling; in which case, the height lost is gained in the width. The conformation of the eye opening slantingly and half closed by the upper eyelid, is peculiar to the women of China, and is arrived at by constantly repeated twitchings of the upper eyelid and of the external angle of the eye.

Protuberance and sinking of the eyes are both imperfections that detract from the beauty of the countenance. When the protuberance is not due to a fault of conformity, it is caused by a superfluity of the fatty tissue which lines the bottom of the orbit and pushes the eyeball forward, and the remedy for this is the same as would be to diminish fat on any other part of the body. The want of fatty tissue causes the eye to sink below its normal level, and this fault can be corrected by a substantial regimen of nature to cause increase of adipose matter.

Too strong a light, and also insufficiency of it, fatigue the eyes, and predispose to ophthalmia and sundry other diseases that have received special names. Darkness increases the sensibility of the eye, and distends the pupil, so that, if after remaining for a long time in obscurity the eyes are suddenly exposed to the full light of day, a paralysis of the retina and consequent blindness may ensue. The light reflected from snow and from whitewashed walls causes a very injurious dazzling of the eyes.

The sunlight reflected from the sands of the sea-shore and of the desert destroys the eyes, and many of the European soldiers who fought there in the beginning of this century, returned entirely blind.

To preserve the eyes in all their integrity and purity, it is necessary to avoid the foregoing causes of trouble. Burning the midnight oil should also be avoided as much as possible, and be stopped the moment the eyes begin to feel fatigued.

Healthy eyes should never be washed with anything but pure, clear water; a fine sponge saturated with this will perfectly suffice to remove all the impurities due to the secretions of the lachrymal glands and the follicles which open on the edge of the eyelids.

When excessive work or long watching has reddened the eyes and swollen the eyelids, the best means to allay the irritation is rest of the organ and emollient lotions; the use of spectacles of blue-glass for a few days is also recommended.

There is another very simple way, which has always succeeded with us, and we give it here: Take two or three pieces of very fine linen, which double several times. Dip one of these pieces into very cold water and press it against the irritated eye, keeping it there as long as it is cold, that is, until the heat of the inflamed part has destroyed the coldness of the compress. When this occurs change the compress of linen for another, also dipped in cold water, and keep on constantly applying a cold

linen as soon as the one on gets warm. Do this till the blood-vessels of the eye and eyelid are sufficiently contracted by the cold to prevent the blood from dilating them. This very simple remedy, within the reach of every one, will generally arrest incipient ophthalmia.

Should, however, the irritation continue, and become chronic, the following eye-water must be used to bathe the eyes:

#### ASTRINGENT RESOLUTIVE EYE-WATER.

Sulphate of zinc	}	.....15 grs.
Sulphate of copper		
Alum.....		15 “
Camphor.....		7 “
Distilled water.....		8 oz.

Dissolve and filter through paper. This eye-water applied cold, tones the eyelids very effectually.

## SECTION II.

### NATURAL IMPERFECTIONS OF THE SIGHT.

Certain defects of the sight are natural, and are due either to the conformation of the eyeball, or to some injury to the nerves.

Short- or near-sightedness is caused by the too great convexity of the cornea and of the crystalline lens.

Long- or far-sightedness is due to the flattening of the same parts of the eye.

The natural remedy for these two imperfections

is, for short-sighted persons, concave glasses, and for long-sighted ones, convex glasses.

Short-sightedness does not always happen at birth, but is sometimes caused by a habit with some children of looking too closely at what excites their curiosity. In this case the evil is susceptible of being cured ; all that has to be done is to remove the objects the child is looking at, and compel it to do so at a reasonable distance. This needs constant care on the parents' part.

**STRABISMUS**, or *Squinting*.—The eye, in its natural state, obtains its motion by means of six small muscles, whose powers are in perfect equilibrium. When this equilibrium, or antagonism between the six muscles, is destroyed, the eyeball is drawn to the side of the strongest, hence four kinds of strabismus: The *convergent*, the *divergent*, the *upward cast*, and the *downward cast*.

These four varieties of strabismus may be combined among themselves and get mixed so as to produce mixed or complicated strabismus, whereby the eye will be turned in all directions ; but the fact remains, that the eye will be always drawn aside by the muscle which is not in equilibrium with the others.

Strabismus is nearly always *congenital*, but is also sometimes hereditary. Several cases of strabismus are mentioned as having occurred in infancy, either owing to the child's cradle being placed sideways to the light, or through some object placed on the left or the right of the child,

attracting its eyes continually, and thus making them diverge. This kind of strabismus is easily cured by a special course of ocular gymnastics adapted to the case. Skilful surgeons of modern times, in several countries, who have undertaken operations for strabismus, both successfully and otherwise, have defined, after profound study, two kinds of this evil: One *mechanical*, always capable of cure by *tenotomy*, or severing of the muscles of the eye; the other *optical*, which should never be operated on, as it never can be so successfully. This last form of strabismus is due to the loss of power, or to paralysis of the muscles of the eye. We trust we have, by the few lines above, carried out our intention of explaining to our readers the causes of this misfortune called strabismus, or squinting, and which is not uncommon.

### SECTION III.

#### WEeping (*Epiphora*).

This affection, which is accompanied by little, if any, pain, is excessively disagreeable, and detracts considerably from the beauty of the countenance. It is desirable to get rid of it as soon as possible.

If we examine closely the edge or border of the eyelids, close to the internal angle of the eye, we shall perceive two small open spots, which are called the *lachrymal spots*. These spots are the

orifices of the lachrymal ducts, whose function it is to produce tears.

The *lachrymal ducts* are two thread-like pipes or tubes, which creep through the thickness of the eyelids and convey the tears to the lachrymal bag, situated in the interior angle of the orbit.

This bag, or lachrymal reservoir, is contracted at its lower extremity, and is funnel-shaped, in order to let the tears fall into the nasal canal which opens at its upper extremity into the lachrymal bag; and, after a passage of from nine to ten lines, reaches the nasal cavities where it pours the tears.

When this beautiful apparatus is injured, or works ill in consequence of damage to any of its parts, the tears, perverted from their natural channel, find their outlet on the exterior of the cheeks. This causes weeping.

Three ways can be used to cure this infirmity:

1st. *Free the lachrymal and nasal ducts*, either with injections with a syringe especially adapted to the purpose, or by means of a fine silver or platinum wire. A horsehair is often sufficient to clear the obstructed lachrymal ducts.

2d. Open the lachrymal bag and insert, by force, a small silver tube to re-establish the communication by the nasal duct.

3d. Perforate the *unguis*, or thin sheet of bone between the eye and the nose, and insert a wisp of cotton wool, which must be kept there until an artificial channel is formed.

These delicate operations can only be performed by a skilful surgeon ; we simply mention them for the information of those of our readers who may be afflicted with this infirmity.

## SECTION IV.

### BLEAREDNESS (*Lappitudo*).

The edge of the eyelid is garnished with small glands or follicles, that secrete a humor, yellowish in color, oily, and of a nature to facilitate and to soften the contact of the eyelids during the action of winking or blinking. When under the influence of chemical irritation, this humor becomes thick and concrete, it produces what is generally known as blearedness, and causes the eyelids to adhere to each other during sleep. The *local* treatment for *blearedness* consists in fomenting and gently washing the affected place with tepid or, better still, emollient water, in order to free the eyelids from the hardened humor without pulling them.

The *general* treatment should consist in proper means of curing the disease which causes the palpebral\* irritation, and consequently blearedness.

In rare cases, where the evil is caused by the relaxation of the glands and membranes of the eyelids, the following eye-water produces favorable results :

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\* From *palpebra*, eyelid.

## FORTIFYING OPHTHALMIC WATER.

Distilled camomile water.....	450	grs.
Liquid acetate of lead	} .....	120 “
Camphorated spirits of wine		
Sulphate of zinc.....	30	“

We find sometimes in aged persons a puffing up and turning outwards of the mucous membrane of the eyelids, called in medicine, **ectropion**.

This most unpleasant and disagreeable disease is caused by the neglect of the care due to the eyes when they are fatigued or unwell. The moment ectropion declares itself, a physician should be consulted, for, although the disease is curable in its incipient stage, it is incurable later.

## SECTION V.

## OPHTHALMIA.

Formerly the word ophthalmia included all the diseases to which the eye is liable; to-day, thanks to the immense progress made by medical physiology, the word is only applied to the inflammation of the membrane of the eye, called the *conjunctiva*, whence the word *conjunctivitis*, which perfectly locates the disease. The most frequent causes of conjunctivitis are: great extremes of heat and cold, too strong a light, the reflection of light on rocks and burning sands, irritating gases, foreign substances in the eye, dust, sand, hairs, eyelashes, flies, etc., in fact, everything that can injure the soundness of the conjunctive membrane.



The interior causes are: sudden check of the perspiration, persistent hemorrhage, discharges, periodical fluxes, the repercussion of diseases of the skin. Herpetic, scrofulous, and syphilitic diseases sometimes induce special kinds of ophthalmia.

*Treatment.* — We shall only consider here real and slight conjunctivity, which generally yields to a low, restricted diet, cooling, refreshing, and mildly aperient beverages, to emollient lotions, and complete rest to the eye affected. After a few days of this hygienic treatment, recourse can be had, in order to hasten the cure, to astringent lotions, such as a decoction of Provins roses, or of rinds of pomegranates; to eye waters, containing subacetate of lead, or sulphate of zinc. If the ophthalmia should not yield to these remedies, and require blistering, irritating, ointments, leeches, cupping, etc., we recommend at once consulting a physician.

## SECTION VI.

### NERVOUS INJURIES TO THE EYE.

There are certain injuries to the optic nerve and to the retina, which are all the more serious that they may prove to be precursors of *Amaurosis*, or paralysis of the retina, and lead sooner or later to total or partial blindness. These injuries are generally accompanied with strange phenomena, that give great anxiety to the patient, and are known under the following names:

*Amblyopia*, or weak sight — dim sight.

*Diplopy*, double sight — one object appears double, or as two.

*Hemiopia*, power of seeing only half of objects.

*Myiodiopsia*, seeing an appearance of corpuscles compared to flies flying about in the atmosphere.

*Hemeralopia*, night blindness.

*Nyctalopy*, power of seeing objects at night, or by a half light, but inability to see in the light of day.

To resume : light or mild affections of the eyes will generally yield to a dietetic regimen, and to the cares of hygiene ; but a serious attack, accompanied by grave symptoms, demands energetic and continued treatment, and in some cases an operation. In order to avoid so great a misfortune, we most strongly advise recourse, at the very beginning of these last-named diseases, to the services of a good oculist, for which of our senses could we not more easily dispense with than that of sight, that inestimable treasurer, the loss of which would plunge us into the shades of eternal night — the greatest misfortune which can afflict poor humanity.

## SECTION VII.

### THE EYELASHES.

In order to contribute with the greatest effect to the attractiveness of the looks, the eyelashes should have a proper length and thickness ; their scarcity detracting from the beauty of the eye, and their total absence injuring it materially.

A very simple way of increasing the growth and thickness of the eyelids is to anoint their roots slightly every night with the *trikogene* pomade; and snip the fine points of them with small scissors. Five or six cuttings will generally suffice to obtain a satisfactory result.

Long, thick eyelashes have a double advantage; protecting, in the first place, the eyeball from the effect of too bright a light and too fierce a heat, against dust, small bodies, and insects that fly about in the atmosphere, and in the second place they form the most beautiful frame possible for the eye.

The women of the East increase the darkness of their eyelashes, by dyeing them of a blue-black color. Many of our dramatic artists use upon the stage for the same purpose the receipt No. 54, which we give in the formulary at the end of this work.

The small glands which lubricate the edges of the eyelids supply, sometimes, too abundant a secretion, and this often happens in the case of adults, when their eyes, fatigued by long watching, feel a pricking sensation. This secretion increases during sleep, and, as a consequence, on awaking, the eyelids are glued together. The only hygienic remedy is to bathe the eyelids with lukewarm emollient water, in order to detach very gently, as we said above, the glutinous humor. If, in spite of rest and the use of emollient water, this humor should continue to form, it would be then neces-

sary to use the resolute astringent eye-water of which we give the receipt on page 129.

The eyelashes are subject to a vice in the direction of their growth, named, technically, *trichiasis*. Instead of growing outwardly they do so inwardly, and by their contact, continually irritate the eyeball. This wrong direction of these delicate and slender hairs may cause very serious trouble, and even the loss of sight. Several plans have been tried to remedy this evil; the oldest of which is to force the hairs that persist in growing in the wrong direction to remain on the outside of the eyelid by sticking them there with small strips of court-plaster until they resume their natural direction.

In the present day, the favorite plan is to pull out the eyelash with a pair of small pointed tweezers, when only a small number of the hairs are growing inwards, and to continue thus extracting them as fast as they grow again. Some skilful surgeons operate on the eyelash but once and destroy the follicle by cauterization, which they effect by inserting into the orifice left by the extirpated hair the point of a very fine needle, of which they then heat the other end in the flame of a candle. The follicle thus cauterized is killed and the eyelash never grows again.

When the trichiasis is general, that is to say, when it affects all the lashes of the eyelid, a surgical operation becomes indispensable, and consists in removing, with a pair of convex scissors, a segment of the skin of the eyelids. The retraction

which takes place during the cicatrization brings the lashes back to their normal direction.

Two skilful practitioners have attempted to regenerate the eyelashes by implantation, and declare that they succeeded in garnishing with eyelashes eyelids that had been without them for a length of time. Dieffenbach, after having pulled a hair from one part of the body, transplanted it immediately to another part of the body in an aperture made by the prick of a large needle, and several hairs took root and grew. By the same process the surgeon Dzondi is said to have performed the marvellous feat of garnishing with hairs an eyelid made with a fragment of the skin of the cheek. Without testifying to the truth of these statements, we believe that such a thing is possible, for the following reasons:

All physiologists agree in regarding the pilous or hairy system as an animal vegetation, offering a strong analogy with earthly vegetation; this latter grows and develops by aspiring the juices of the earth, and hairs grow equally by absorbing animal juices. The cellular layer of the skin is to the hair what the soil is to the plant; therefore, if a hair be torn out with its bulb intact, and be immediately transplanted in the cellular tissue, it is not impossible that it should take root, and that a follicle should come into being around the bulb thus transplanted.

## SECTION VIII.

## THE EYEBROWS.

The eyebrows are indispensable, both to the ornament and to the expression of the countenance, and may be compared to the shadows which, in a picture, throw forward the lights and forms. Their wrong direction, their too great or too small size, their absence, give an entire change to the physiognomy.

The beauty of the eyebrows consists in the dark and brilliant hue of their thick and silky hairs, in their being clearly defined and slightly arched, and, lastly, in the perfection of their extremities, of which the two towards the centre should be thick and round, and the others terminate in a sharp point.

Some people consider it an embellishment to the face when thick and bushy eyebrows meet in the centre and form an unbroken line just above the nose. Others, more in accordance with our own ideas of beauty, find this junction a great blemish.

The Turkish and Moorish women are in the habit of dyeing their eyebrows with a preparation of sulphate of iron and gall nuts, which they call "*surmé*" (see Formulary). The dark color of this *surmé* has given rise to a metaphor, which they use frequently as an expression of grief: "*Our hearts are covered with surmé like unto our eyebrows, and our eyes are bathed in tears.*"

These ladies make use of the *surmé* by spread-

ing it along both eyebrows, so as to give them the appearance of meeting and forming an unbroken line. The effect is not pleasant to our taste. Differing from this, the Greek woman's idea of beauty is that they should be widely apart and very slightly arched, and approaching as nearly as possible a straight line. To produce this effect they pull out all the hairs that grow over the nose and that tend to arch the eyebrows ; the extremity that is nearest the nose is bushy, and the other is trained down to a fine point ; finally, the clearness of the lines is such that they are compared to two rapid strokes with a pencil. This graceful arrangement of the eyebrows gives an additional charm to a lovely face.

**PHYSIOGNOMY.**— Implanted in a spot where the skin is very loose, and which the muscles move about in every direction, the eyebrows obey instantaneously all the moral impulses, and their form, direction, movements, and color, are the positive expression of an individual's temper.

Straight eyebrows are signs of a good temper, a lively conception, and a good heart. Lightly arched, they show wit and kindness. When too much arched they have a hard, cruel aspect. Thick and closely planted eyebrows foretell correct judgment and great wisdom. Petulance, vivaciousness, and giddiness are indicated by irregular eyebrows. The more the eyelids descend towards the eyes, the more will the mind be serious, profound, and stable ; while the mind loses in force courage

as the eyebrows are higher up the forehead. A large span between the eyebrows is generally found in people whose imagination is lively and temper pleasant. The various motions of the eyebrows express the sad and dark passions — pride, vanity, disdain, anger, fright, etc. Jupiter is supposed to have made Olympus tremble every time he frowned. Finally, with regard to color, faintly colored eyebrows are a mark of weakness, as dark and bushy eyebrows are of force.

According to Herder, the unbent eyebrow is the rainbow of peace, and the frowning eyebrow the bow of discord.

Pliny, the elder, has said: "A part of the soul resides in the eyebrows, that move at the order of the will."

According to Lavater, the eyebrows alone can give a positive index to a person's disposition. According to Perneti, one of the parts of the face which is the surest mirror of the thoughts, is the eyebrows.

**HYGIENE OF THE EYEBROWS.**—A bad direction of the eyebrows, as well as their too great thickness, can be cured either by the use of the *Depilatory paste, without arsenic*, to make fall the hairs that overstep the line of the arch of the eyebrow, or by pulling them out, after the manner of the Greek ladies as soon as they appear, with small tweezers made on purpose. If the latter plan be adopted, the use of a little oil, or, better still, *snow-cream*, is needful to allay the irritation - which may follow.



The growth and the development of the eyebrows may be hastened both by anointing them at night with the trikogene pomade and by cutting them with scissors or a razor. Persons who adopt this last method should not forget to rub the spot with the *trikogene pomade*, whose stimulating properties will excite the growth of the hair.

A very simple plan, which is followed by remarkable success, is the application of ice. After having cut the eyebrow with very sharp scissors, or shaved it with a razor, pass a piece of ice over the shaved spot for a few minutes. The reaction which takes place in consequence of the cold will cause the blood to rush to the spot, and then, with the sensible increase of heat, the nutritive juices will reach the pilous follicles in greater abundance; hence these are drawn up by the bulbs, and the hair of the eyebrow grows in proportion to the juices they receive. After the reaction, and when the skin of the eyebrow is warm, rub it with trikogene pomade. Persons who object to cutting the eyebrows entirely off, need only half do so, that is, cut only to within a few lines from the roots. The ice must be applied in the same manner, which must be repeated two or three times a day until a vigorous growth rewards the trouble taken.

**DYEING THE EYEBROWS.**—Ladies of a lymphatic temperament, whose eyebrows are faintly marked, or very light colored, can, without the slightest inconvenience, dye them a beautiful black

with the *kromatogene* or hygienic dye, entirely without danger for the eyebrows and eyelashes. This dye, which resembles in nothing the hair-dyes in common use, and which has none of their unpleasant smell, imparts such natural shades and gives such satisfactory results that hair-dressers have named it the *method par excellence*.

## CHAPTER XIV.

### THE NOSE.

**N**OTHING is more rare than a really perfect nose; that is, one which unites harmony of form, correctness of proportion, and proper affinity with the other features.

The following are, according to the rules of art, the conditions requisite to the beauty of this organ :

The nose should have the same length as the forehead, and have a slight depression at its root. From its root to its extremity it should follow a perfectly straight line and come exactly over the centre of the upper lip; the bridge of the nose, parallel on both sides, should be a little wider in the centre. The tip should be neither too thin nor too fleshy, and its lower outline neither narrow nor too wide. The lobes must be gracefully defined by a slight depression. Seen sideways the lower part of the nose will have but a third of its total length. The separating integument should divide the nasal cavities into two equal parts, and the nostrils, round at the start, arched in the centre, and ending in a point, must be exactly similar. A nose so formed is not only handsome, but also, according to Lavater, indicates a fine morale and a remarkable mind.

From this slight sketch, it will be readily seen that the nose is the feature which presents the greatest number of imperfections and oddities. The author of the *Encyclopedia of Beauty* points out the numerous irregularities of this feature very clearly when he says:

“For one nose that is well made and well proportioned, how many do we meet with that are badly formed and incorrect in shape? How many noses do we not see too small, too short, too thin, too flat, too big, too wide, too sharp! how many too large, too long, too thick, too square, etc? How many with the bridge too rounded or too hollow, that stray from the straight line, whose nostrils are too narrow, too broad, too closed up; how many hooked noses, twisted noses, noses terminating in a ball, or like the beak of an eagle or a parrot? We should never have done enumerating all the varieties of noses from the little flat nose to the fiery proboscis of the drunkard.”

**PHYSIOGNOMY.**—A straight nose, of which the profile is scarcely curved, indicates calm serenity and majesty. The ancient Greeks gave this form to the noses of the gods and goddesses of Olympus, and our modern sculptors have followed their example. A long, pointed nose is a sign of sagacity and of sharpness. A nose that is short and thick shows simplicity, want of foresight, and sometimes brutal passion. Thin, sharp noses, belong to minds inclined to scoff, and thick noses to heavy, dull dispositions. An aquiline nose

belongs to concentric passions, and argues will, courage, a will firm, persistent, ambitious, aiming at authority. A round nose indicates a good, generous, compassionate disposition. The same shaped nose with lengthened nostrils shows a tendency towards impatience.

A turned-up nose is a mark of very variable tastes and inclinations, inconstancy, and eccentricity; it often coincides with impudence.

In *Cleopatra* and *Roxalana* we see types of these latter forms of nose. The flattened nose is a distinctive mark of a violent disposition and brutal passions; it is the least civilized of all forms of noses; is common to savage races, and is the only form found in the negro. Noses that are twisted or turned on one side, show a mind like themselves; they deprive the countenance of all distinction, and on a face with a receding forehead, it proves evil propensities. Small nostrils are peculiar to timid people, and elongated ones to enterprising and often foolhardy individuals.

**HYGIENE OF THE NOSE.**—The nose is the most prominent organ of the countenance, and the centre around which all the other features are grouped. It should be placed in the centre of the face, and not deviate from the median line. The delicacy of its outline and the symmetry of its proportions are entirely indispensable to the harmonious whole, and a nose that unites all these conditions is very rare. Art can give them, and render a nose faultless in its direction and in its shape.

The nose acquires too great a development in size only by the excess of nutritive juices it turns to its own use, and, therefore, a too big nose ought necessarily to diminish when submitted to regimen, that is to say, when it is deprived of its nutriment.

This result is obtained by means of a small compressing apparatus, provided with two steel branches in the form of double eye-glasses, and which, exercising a specially directed pressure on the dorsal artery of the nose, prevents the blood from reaching it, cuts off its supply of nutriment, and consequently arrests its development.

The orthopedist Aubry having noticed a sensible decrease of size in the noses of some persons who habitually wore eye-glasses, held in place by means of a spring compressing the bridge of the nose, adopted the idea of causing children with too large noses to wear similar spectacles during the night. This plan succeeded perfectly in arresting a too great development of the nose.

A flat nose is easily modified in youth by repeated pulling and pinching—pulling the point and pinching the sides at the bottom of the feature.

If the development of the nasal organ can be arrested by depriving it of nutritious juices, it stands to reason that its size will be increased by an abundant supply of these juices, and on this invariable physiological law is based the art of increasing the size, or of lengthening noses that would otherwise remain in the condition of a tubercle for want of nourishment. A small, with-

ered nose must be submitted to often repeated gentle frictions with the aromatic tincture indicated in the cosmetic formula, in order to excite the skin and subjacent muscles, and thus draw to the spot a greater number of nourishing juices. Besides this, the organ should be frequently pulled, in order to lengthen it. If the nose becomes painful under this treatment, cease at once, and only resume it on the following day or day after that.

The fault of too small nostrils is very easily corrected by means of little pellets of *prepared sponge* used in surgery. These pellets, introduced into the openings of the nostrils, swell by moisture and operate a dilation insensible, but very powerful. As the dilation increases, the size of the pellet must be increased until the required enlargening is reached.

A well-known orthopedist gives an account of the widening of the nostril by this process in the case of a girl of eighteen who had nostrils of unequal size. One was very open and the other so small that the barrel of a quill pen would hardly enter it. After thirty-five days of dilation by the sponge, the nostril obtained the size of the other one.

It is well known that dilation is employed in surgery to give to orifices dimensions suitable to the working of the organs, and is always successful as well as painless.

The fault of too great width of nostril is easily corrected in youth, by limiting the nutrition of the

organ, but at an age when the nose has reached its full development it is too late to do this. It may be palliated by repeated pinching, and then the nostril will gain in length what it loses in width.

If we consider attentively, we shall see how very few countenances there are that offer noses perfectly straight, that is, that strictly follow the median line without deviating in the least to the right or to the left. This scarcely perceptible deviation is caused by the habit of wiping the nose either to the right or to the left, and of always doing it on the same side. Parents who notice this incipient fault have only, in order to obviate it, to make their children wipe their noses on the opposite side from what they are accustomed to, till the error is corrected.

We know a very charming girl, who was in despair because her nose inclined to the left, and we advised her always to use her handkerchief to the right. She at first laughed at the simplicity of the plan, but as a woman will try every means to correct her physical failings, she followed our advice for a whole year, and was rewarded by seeing her nose perfectly straightened.

When the inclination of the nose is due to the deviation of the nasal partition, this can be straightened by stuffing the inclined nostril with wads of lint and by frequent pulling on the side opposite the deviation.

Heat and cold, irritating odors and powders,



affect the nasal mucous membrane and dull the sense of smell. Snuff-taking is no longer the fashion, fortunately for all parties, for a nose smeared with snuff was never a cleanly nor an attractive spectacle.

The bad habit of scratching the nose and of using woollen, cotton, or silk pocket-handkerchiefs may injure the skin of the nose; linen does not produce this effect. The handkerchief should be changed frequently, particularly in cases of cold in the head. If the sides of the nose are chapped by cold or by the running of mucous excretions, as is the case when suffering from cold in the head, emollient lotions are recommended. Frictions with a softening ointment are also advisable. The *snow-cream* is the real specific in this case.

The mucous membrane which lines the nasal cavities gives rise, particularly in men, to those hairs in the nose which have a very unpleasant appearance. Many try to get rid of these hairs by pulling them out; but this plan is liable to serious objections, as it may cause, among other things, a violent inflammation of the pituitary membrane, deep ulcerations, swelling of the cartilages of the nose, and sometimes even caries and mortification. Some cases have occurred where, for having pulled out imprudently the hairs in the interior of the nose, persons have suffered intolerable pain, and, in consequence of inflammation of the cartilages, their noses have assumed the proportions of a potato.

Depilatory pastes and powders are equally dan-

gerous, as the membrane that lines the nasal cavities is extremely delicate. The only plan that incurs no danger, is to cut off the hairs with scissors as they require it.

When, by accident or disease, the nose has been entirely destroyed, the only remedy is *rhinoplasty*, or the formation of a new nose. This operation, which is almost always successful, consists in cutting from the arm or the forehead a piece of skin in the form of a nose, and grafting it in the place of the missing organ.

## CHAPTER XV.

### THE MOUTH.

THE mouth is the part of the face which merits the most attention, and which necessitates the most care. Lively red lips, white and well-set teeth, rosy gums, and pure breath, are qualities which cannot be too much valued; while the contrary defects must be considered as an immense misfortune, chiefly for young people. A mouth fresh and kept in good order can be compared to a rose that we want to see expand; an unclean mouth inspires disgust, and when it opens we turn aside to avoid the vitiated breath which comes from it. We cannot, therefore, be too lavish of the hygienic cares that the mouth necessitates.

A mouth, to be pretty and attractive, must be neither large nor small; rosy, firm, erectile, and medium sized, are the qualities most appreciated. The lines of the upper lips must mark a light depression at their centre, to form the nasal gutter; and go from there to join, on each side, the lines of the under lip, with which they unite into two delicately drawn commissures.

The mouth is the altar on which love deposits its numerous offerings, and friendship revives its

ties ; it is also the organ of speech — that precious faculty granted to man only, and which establishes his superiority over all other living creatures. The harmonious articulation of words and the charm of the voice depend on the good conformation and the integrity of the several parts which compose the mouth. If the lips, the tongue, and the teeth are injured in their substance, or are wanting, the speech is more or less altered, and more or less defective.

At all times poets have taken the mouth as the home of smiles, the abode of that eloquent laughter which, rippling on the lips, from one side to the other, are the faithful expression of the affections of the heart and of the soul. The truth is, that poets could not find a more sweet and attractive throne than a pretty mouth.

The family of smiles is very numerous, and it must be so, since every smile has its distinctive character, and expresses a distinct thought or sentiment.

There are smiles which denote goodness, sweetness, affability ; and others which express irony, sarcasm, insult ; the former are bright, cheerful, witty ; the latter are petulant, immoderate, inconsistent.

Modesty, candor, innocence, possess a most charming smile ; brutality, cunning, imposture, vice, have a false, repulsing smile, which hurts the eye and chills the heart : the first are open, affectionate, and graceful ; the others conceal deceitful and mean and petty feelings.

It has been said that the smile is the thermometer of the qualities of the heart, and that we must distrust people who have a false smile or never laugh. This is true; and it is certain that the smile expresses not only the variety of our sentiments and affections, but also their most evanescent shades. Pride, ostentation, prudery, foolishness, disdain, contempt, raillery, doubt, conviction, rapture, protection, etc., etc., have all their peculiar smiles.

The smile is the most powerful weapon of love and the most expressive language of beauty; what does not this mute language tell us?

Lastly, in the family of smiles there are two intimate brothers; the one is the interpreter of love, the other of voluptuousness. The first precedes and accompanies pleasure; the second hovers for some moments on the lips and melts in voluptuous languors. Oh! how eloquent the smile which promises the raptures of love and the transports of mutual happiness!

Without presuming to confine the flow of joy and pleasure in a didactic circle, we will show our fair readers that there is an attraction, a grace, a perfume, in a smile as in other beauties of nature. Now, the symmetrical concourse of all the features of the face is needful to make a smile attractive and graceful, for if one side of the face were to remain immovable while the other would act, the result would be a very grotesque one.

A smile must never go beyond a certain line

traced by propriety, for if it does, it becomes ridiculous ; excessive shouts of laughter convulse the features and produce a horrid grimace ; a studied and habitual smile completely changes, after a time, the character of the face — it produces furrows and precocious wrinkles, and spoils beauty forever.

To sum up the matter, the smile is the complement of the attractions of the mouth ; it is to the face what color is to flowers, what the sun's rays are to nature. A graceful smile corrects ugliness and embellishes a plain face, while a disagreeable smile distorts the purity of lines of a handsome face and makes it appear ugly. It is therefore necessary to repress at an early age the vicious muscular contractions, which provoke the irrègular or excessive expansion of the face, and give it a trivial expression.

We therefore strongly advise ladies to conform themselves to our precepts, or, better still, to consult often their mirrors, and to make the smile a study — the same as we do of art, posture, and carriage. The most handsome woman will not please without the attractions of the smile ; she will find courtiers, but no true and sincere admirers, because a disagreeable smile is by itself repulsive.

Lastly, the eloquence of smile is no less powerful than the eloquence of look ; love and beauty use these two languages with equal success. Fer-vent love interrogates with a pressing, irresistible look, and timid beauty answers with an enchant-

ing smile. Let us ask those who have loved, if there be anything more eloquent, more persuasive, than such a smile?

But we must guard ourselves against incessant laughter, and not forget that, when this becomes a habit, it disfigures the prettiest face; under its influence the eyes contract themselves, the skin near the angles of the eye forms folds, and presents wrinkles similar to those that we see generally on the face of mad people.

**PHYSIOGNOMY.**—A widely open mouth expresses astonishment or stupidity. A mouth that falls in and with thin lips, denotes a subtle, sharp, deceitful mind. The same mouth, tightly closed and drawn in a right line, announces regular habits, punctuality, economy, and frequently covetousness. Sensual appetites have their abode on thick and fleshy lips; the under lip, when thick and falling, is a sign of lust. Pale and faded lips are a sign of poor health, of general debility; while full and ruddy lips are the mark of general health. The mouth forming a distended bow is found in persons full of themselves, swelling with pride and vanity. A projecting upper lip belongs to goodness. Anger makes the lips grow pale, but fades them, while love and desire swell them.

Large and wide jawbones are an almost certain sign of stupidity and brutality. In general, all people with large jawbones have a narrow cranium. A wide mouth means voracity, courage, confidence in one's strength. A small mouth announces cold-

ness, timidity, a diffident, narrow, and little enlightened mind. According to the most celebrated physiognomists, a person afflicted with too small a mouth never possesses that lovingness that we meet in middle-sized mouths. To mince, to speak lispingly, is so customary with small mouths, that all people who want to talk mincingly and affectedly begin with lessening their mouth.

The degree of pression of the lips the one against the other is in direct ratio with firmness of character. Discretion is shown by lips kept close together, as if one was fearing the escape of a dangerous word or sign. A scornful and haughty lip comes near to the nose and causes the under lip to advance. Good nature and credulity leave the lower lip slightly falling. The two lips pushed forward mark discontentment, disappointment, deception. This physiognomonic expression of the mouth, called *pout*, is too frequently illustrated by women tenacious in their exigencies and insisting upon being obeyed.

Great teeth jutting out and overlaying the teeth of the lower jaw, mark a want of energy, malignity, and sometimes evil passions.

Teeth small and inclining inwards, indicate finesse, or an unruly, impatient, and sometimes vindictive character.

When the *canine* teeth are very long and sharp, we may augur voracious instincts and an aggressive disposition.

These short reflections on the mouth illustrate



the important part that this organ has to play in life, and will convince our readers how necessary it is to give it the most careful hygienic attention.

## SECTION I.

### THE LIPS.

**HYGIENE OF THE LIPS.**—The beauty of the lips consists in their form and color, and in the delicacy and the freshness of their tissue.

Lips either too thick or too thin, are disagreeable; pale, faded, or chapped lips show ill health, or a sickness of long standing.

Cases of malformation, such as hare-lip, coercion, growing together of the lips, or serious accidents, demand surgical care, and sometimes the application of chilo-plasty, or the formation of an artificial lip, to replace the one wanted. We will confine ourselves here to such imperfections as can be cured without the help of a surgeon.

## SECTION II.

**ATROPHY AND HYPERTROPHY OF THE LIPS.**—The lips are liable to suffer from atrophy, that is, fail to receive the necessary nutritive juices, and remain, consequently, too thin, or they may suffer from the other extreme, and acquire a development that renders them hideous to behold.

Nothing is easier than to remedy the first fault, the patient having but to suck his lips frequently,

to pull them out with his fingers, and to bathe them often with some irritating liquid, in order to bring a greater supply of blood to their tissue. The size of the lips will thus be increased in the same way that the nutrition of a limb will augment when submitted to repeated exercise.

The thickness or hypertrophy of the lips, particularly that of the lower lip, which sometimes remains pendant, is more difficult to cure; still, fairly satisfactory results may be obtained by keeping as much as possible in action the orbicular muscle of the lips. Make it a task to contract it as often and as long as possible, and, as an auxiliary means, wet the lips frequently with astringent water in order to draw the tissue closer, and to render the work of contraction the least troublesome possible. The "*stimulating pomade*," of which we give the formula at the end of this work, can also be advantageously used.

If these methods do not succeed, recourse must be had to a small compressive apparatus of leather, made to fit the lips closely and exactly, lined with fine linen imbibed with astringent water. This apparatus is fitted over the lip, which it presses in all directions, and moderates its local circulation. Sometimes the pressure causes a slight feeling of numbness, which can be made to cease immediately by removing the apparatus. It must be worn all night, and, if possible, during a part of the day, and persisted in for a long time. Should it get painful, it can be laid aside until the following day. There have been several examples

of large lips brought to their normal size by the use of this little apparatus.

### SECTION III.

**CHAPPING AND WITHERING OF THE LIPS.**—This may occur from several causes, which also deprive the lips of their color, and produce boils and pimples. When these affections are not the visible evidences of internal disease, and are simply due to a local cause, such as cold, excessive heat, contact with irritating substances, etc., they can be cured without difficulty or inconvenience. Persons should favor, by emollient lotions, the progress and ripening of pimples that appear on the lips after fevers, as they show the expulsion by nature of the morbid principle which affected the health.

There are people who, impatient to get rid of a pimple, that injures the appearance of the lips, hasten its drying up by cauterizing it with a very hot toast of bread. This cauterization does, in fact, produce an exterior crust, but irritates so violently the interior as to give at once rise to throbbings similar to those that preceded the first coming of the pimple.

In our opinion, the best mode of cure is repeated applications of *snow-cream*, which hastens the progress of the pimple without irritating it.

Withered lips can be restored by bathing them in some tonic water, or by anointing them with

an exciting ointment, of which we give the recipe in the formulary of this work.

Chapped lips, without being more difficult to cure, require more time and care. The first thing to be done is to withdraw them from the influences which caused the trouble, and keep it up. Among these influences may be included cold, contact with highly spiced condiments and irritating substances. The lips should then be bathed several times a day with an infusion of elder-flowers, and anointed with cucumber, or any other softening ointment. The *snow-cream*, of which we have already spoken, is the finest specific against chapping and pimples.

## SECTION IV.

### THE GUMS.

**THE GUMS.**—The firmness, carnation, and purity of the gums are a sign of the health of the mouth. Gums, either pale or flabby, of a brownish-red, swollen or bleeding, prove a bad state of health. As the soundness of the gums depends on the hygienic care daily given to the mouth, and on the general health of the individual, it will at once be seen how important it is to follow exactly the principles of hygiene we give at the end of this chapter.

**HYGIENE OF THE GUMS.**—The hygiene of the gums is closely connected with that of the teeth, for what will hurt the one is injurious to the other. To preserve the freshness and firmness

of the gums, the following things must be sedulously avoided: Beverages, acid, too hot or too cold, all excesses in eating and drinking, and consequently indigestions. The mouth should be rinsed after every meal, and the teeth kept scrupulously clean without exaggerating the use of the tooth-pick and tooth-brush, for the most common cause of injury to the gums is the neglect of hygienic cares. When the teeth are suffered to get incrustated with tartar, the gums very soon get swollen, painful, and bleeding. The natural remedy is to remove the tartar, to clean the teeth each day, and to use astringent, aromatic mouth-washes. The *Philodontine water*, given in our formulary, is excellent to clean and give firmness to the gums.

We wish to particularly caution our fair readers against the use of hard tooth-brushes, which many persons erroneously suppose give a better polish to the teeth, whereas, in fact, they irritate the gums, make them bleed, and finally loosen the teeth. A great many of the long, faug-like teeth, that are such a blemish to otherwise charming faces, are due to the use of too hard tooth-brushes. Soft brushes cleanse with equal efficacy, and have none of the objections of the former.

When the gums affected with atony are of a pale, wan color, it is very needful indeed to use stimulating tonic lotions, such as the *philodontine water*, mixed with about three times its bulk of pure water. Swollen and bleeding gums are healed with gargles, at first mildly astringent, and after-

wards with styptic lotions. It is even sometimes requisite to scarify the gums slightly to thoroughly relieve them.

The gums and the mucous membrane of the mouth are sometimes afflicted with small fungosities and slight ulcerations or sores. When these sores get to a certain extent, so as to render the mouth noisome, they must be touched with sulphate of copper, cut in the shape of a pencil, or with the following mixture :

Juice of houseleeks.....	1 oz.
White honey.....	1 “
Sulphate of aluminum.....	75 grs.

Touch the sores two or three times a day with a small brush or camel's-hair pencil dipped in this mixture. Astringent gargles, sweetened with honey, will materially assist the cure.

If the sores and ulcerations are occasioned by internal diseases, cancer, scrofulous or scorbutic affection, it is absolutely necessary to refer to the physician, that the evil may be attacked at its root and its further damages arrested.

## SECTION V.

### THE TEETH.

The teeth are organs necessary for three distinct purposes — the beauty of the face, pronunciation, and mastication. The loss of the upper incisors causes the falling in of the corresponding

lips, and also the projection of the lower lip. The loss of a single incisor creates a painful, sibilant sound in the pronunciation. The absence of a great number of the molars renders mastication incomplete and ineffectual; the food improperly chewed renders the work of the stomach difficult, and is the cause of bad digestion.

It is therefore of the greatest importance to replace the natural teeth, as soon as they are lost, by artificial ones.

In what concerns the adornment of the mouth, and the beauty of the face, the whiteness and regularity of the teeth becomes indispensable. Beautiful white teeth are proofs of a healthy mouth, and of the cares of cleanliness daily given to it; they improve a smile and correct the fault of too large a mouth; and we may safely say, that teeth which conform to all the conditions of form, perfect line, and whiteness, are one of the principal beauties of the face.

“Had the fair Helen but lost a tooth,” writes an author, “the siege of Troy would never have taken place, and the divine Iliad had never been written.”

When a woman, endowed with beautiful eyes, a well-shaped nose, a fine forehead, and magnificent hair is afflicted with bad teeth, she pleases, she is admired as long as her features remain in repose; but should she venture on a smile that opens her lips and show her teeth, incrustated with tartar or blackened with decay, her beauty is at once forgotten, and previous admirers avert their looks

almost involuntarily, as they say to themselves: What frightful teeth, what a repelling mouth! . . . Persons afflicted with this infirmity are not ignorant of the impression of disgust that the sight of their misfortune produces, and they avoid, consequently, laughing as much as possible. If they are compelled to give any sign of hilarity, it is in such a constrained manner, through the attempt not to open the mouth, as to make the laugh resemble a grimace more than anything else.

A person otherwise homely of feature, but having a fine set of teeth, causes, when he or she laughs, the unpleasant part of the face to be forgotten in the admiration excited by the charms of the mouth, to which the eyes are at once turned. All around are heard the words: what beautiful teeth, and this compliment is a consolation for the want of beauty elsewhere.

Dirty teeth, covered with tartar, or decayed and swollen gums, are the signs of either constitutional evil, or of a guilty disregard of the principles of hygiene, and are marked to other senses than that of sight by foul breath, a most disgusting infirmity.

## SECTION VI.

**ANATOMY AND PHYSIOLOGY OF THE TEETH.**—Everybody knows what a tooth is, but everybody does not know its mode of formation and organization. This, a few lines will suffice to teach them.



The teeth are composed of two substances — enamel and bone; the enamel, which only appears from where the tooth leaves the gum, is the hardest part of the whole, and will strike fire against steel; the bony, or interior portion, less hard than the enamel, is, however, harder than the other bones of the body on account of the great quantity of calcareous matter which enters into its composition. Each tooth has two distinct parts — the *root* and the *crown*; the first, firmly set and incased in the alveola, is pierced by a narrow channel, which gives passage to a nerve, to an artery, and to a vein. Teeth which have several roots have a central cavity, into which each root, pierced by the channel just mentioned, sends its nerve and its blood-vessels.

The formation of the tooth takes place in a capsule placed in the bottom of the alveola, which secretes a gelatinous kernel, that gradually hardens and becomes a bony substance. This bony substance, which is the real tooth, becomes covered on its upper part with a thin coating of enamel, also secreted by the capsule. This work of nature is most marvellous! The tooth is not itself sensible; but the membrane which lines its cavities, and on which expands the dental nerve, is endowed with the most exquisite sensibility. On this membrane act heat and cold, and it is to it that, being irritated by contact with the air, when the body of the tooth is pierced by caries or decay, we owe the horrible pangs of toothache.

The dentist's art has reached such a degree of perfection in the present day, and especially in this country, treatises on dentistry are so complete, and skilled dentists everywhere so numerous, that we will confine ourselves to pointing out the ills and affections which our readers can themselves remedy without any mechanical aid. We shall point out the best means of keeping the teeth in good order ; and we advise that, in every case where our advice is not followed by the anticipated consequences, recourse should be had to a skilled dentist, whose hand and instruments nearly always obtain a marvellous success.

## SECTION VII.

### WRONG DIRECTION OF THE TEETH DURING THEIR GROWTH.

**LATERAL DEVIATIONS.**—A tooth whose natural exit is obstructed by any obstacle, will pierce the wall of the alveola on the inside, and more frequently on the outside, and continue to grow in the same wrong direction. By consulting a dentist in time this fault can be corrected, but it is very difficult when the tooth has attained its full growth, and extraction is often the only remedy.

**OBLIQUE DEVIATIONS.**—Another kind of deviation, more common, but less difficult to correct, is that where the tooth, on leaving the alveola, leans either behind or before, or when,

instead of presenting itself squarely to the dentary arch, it presents itself sideways. These errors are of little importance; a slight compression in the first case, an often repeated twist or turn in the second, will soon make the tooth resume its proper position.

## SECTION VIII.

**TEETH TOO FAR APART OR TOO CLOSE TOGETHER.**—The fault of teeth too far apart from each other is easily corrected by the application of a ligature of waxed thread of India-rubber, or of gold wire, whose constant action never fails to draw the teeth properly together.

The opposite fault, of teeth being too closely set, can, when the evil is not great, be remedied by the use of the file. If this is not sufficient, a tooth must be extracted, and such is the case when the extent of the jawbone's upper surface is not in proportion with the width of the teeth. The space left by the drawn tooth allows of the proper expansion of the others, which soon fill up the void, and entirely prevent the fact that a tooth is missing from being noticed.

Dentists employ three different modes of operating in this case — ligatures, the inclined plane, and springs — each of which has given rise to a number of inventions more or less ingenious, by dentists wishing to obtain the desired result in the most efficacious manner.

## SECTION IX.

## DISEASES OF THE TEETH.

The teeth are subject to several diseases, some of which are external — such as the wearing, breaking, cracking, softening, or entire loss of the enamel, tartar or calcareous coating, etc., etc.—and some internal, such as the inflammation of the alveolar membrane, dentary neuralgia, caries, etc., etc.

The first of this category of diseases is caused by exterior influences, the action of acids and of certain dentifrices, but the most frequent and undoubted cause is to be found in extremes of heat and cold, particularly when the changes from the one to the other are too sudden. The habit of eating and drinking things either too hot or too cold is very prejudicial to the health of the teeth.

People that drink tea or that eat soups, as a general thing, have usually yellow teeth and lose them early, while people that take both food and drink at a natural temperature have beautiful white teeth, which they keep to a great age. The Arabs, the Turks, and other half-civilized races, are a proof of what we assert.

The moist air of foggy countries, of lands on the borders of rivers, lakes, and marshes, is also a fatal cause of injury to the dental organization. There are some countries in Europe where the people have extremely bad teeth and lose them very early, but we must say that the neglect of proper hygienic care has a great deal to do with this.

All acids are very injurious to the teeth, and their continued action tends greatly to soften and destroy the enamel. Persons who have a pronounced taste for acids should always be most careful to rinse their mouths immediately after partaking of them. There are powders and preparations for the teeth, composed of tartaric acid and carbonate of potash, which cause great injury to the teeth, and of which the sale ought to be prohibited.

**BREAKING AND CRACKING.**—Teeth accidentally broken can be mended as easily as any other bones of the body, but require a much longer time, seven or eight months being requisite for their perfect joining. When a tooth is broken at its root, it must be kept perfectly immovable to obtain a cure. When a tooth is broken at the spot where it leaves the gums, it can be fixed firmly by means of a plate of gold or of platinum, which will maintain the contact of the fractured surfaces.

A *crack*, less serious than a fracture, can be cured by the same means, in a much shorter space of time.

The *loss of the enamel* does not, as is generally supposed, cause the inevitable caries or decay of the teeth, but it renders them more susceptible and less beautiful, while by proper care they can be still preserved in a sound condition.

**TARTAR.**—This, which encroaches upon the teeth of persons who do not take proper care of their mouths, is not, at its outset, a disease, but

if suffered to continue, it attacks the gums and sometimes penetrates the alveola, separates the teeth, loosens them, and causes them to fall out. Tartar consists of phosphate of lime mixed with a mucous substance. At first soft and sticky, it fastens itself to the base of the teeth, and hardens as succeeding layers cover the older ones, till finally it invades the entire jaw and entirely buries the teeth. We will here give two examples of the wonderful incrustation which may invade a mouth deprived of all hygienic cares :

A young girl just in her teens, for some reason, found herself deprived of the necessary appliances for keeping her teeth clean, and tartar invaded them to such an extent that they finally disappeared beneath it. When at the age of fifteen, she returned to society, it was supposed that all her teeth were decayed, as they were of a color that offered a most disagreeable contrast with her otherwise remarkably beautiful features. This young lady, who had so long been most unhappy on account of her deformity, felt at the age of twenty such violent pain in her teeth that she was compelled to consult a dentist. This dentist found on examining the mouth of his patient, that her teeth were entirely invaded by tartar, and undertook to remove it. He succeeded ; each tooth, as he delivered it from its black, unsightly covering, appeared of dazzling whiteness, and he soon brought to light twenty-eight pearls free from the hideous

covering which had so long concealed them and disfigured so charming a mouth.

This case of the preservation of the teeth beneath a layer of tartar is, however, extremely rare, and it scarcely ever happens that the dental organ is not materially injured by it. An example we will now give will show the evil effects of allowing tartar to accumulate for several years upon the teeth.

In consequence of a severe and long attack of sickness, the teeth of a youth of seventeen became covered with a heavy layer of tartar, to which neither he nor his parents gave heed. At the age of twenty, both rows of teeth had vanished beneath this hideous plaster; the gums were severely ulcerated and his breath smelt dreadfully offensive. Violent pains and continual loss of sleep compelled the youth to go to a dentist; but it was, unfortunately, too late, and the calcareous layer was so dense and hard that the ordinary instruments used by dentists were of no avail. The dentist had to use a chisel and mallet; but after breaking off a portion of the tartar, he found the teeth beneath rotten, and out of the alveola, while the alveola itself, invaded by the tartar, was, like the gums, so deeply ulcerated that the whole was an offensive, putrid mass. Seeing this, the dentist would not take the responsibility of a case that seemed so doubtful, and urged the youth to enter a hospital. This he did, but, in spite of the best of care, he sunk and died in a few months from mortification,

which set in in the jaw-bone, and of a general derangement of the mucous membrane.

Parents should take warning from these examples, and pay strict attention to the dental system of their children, taking them frequently and regularly to the dentist, in order to secure for them in the future the beauty and the goodness of such valuable organs.

The origin of internal diseases of the teeth can be attributed to many causes, such as constitutional evils, scrofula, rheumatism, gout, herpetic diseases, scurvy, etc. All these may more or less injure the teeth.

**INFLAMMATION OF THE ALVEOLARY MEMBRANE AND OF THE PULPY KERNEL.** — It sometimes happens that a tooth, sound to all appearance, causes such intolerable pain that its owner insists on having it extracted. This pain is caused either by the inflammation of the membrane that lines the alveola, or of the medullary membrane of the root, or by dental neuralgia. In this case it is well to avoid extraction, for there is good reason to hope that the pain will vanish with its passing cause, and that the tooth will return to its natural condition. If, however, the remission of pain lasts but a short time, and a fresh attack as bad as the first affects the tooth, this latter must be extracted, as it is now sure that there exists, either in the root or in the alveola, an organic malady. Some dentists do not agree to this, urging, perhaps rightly, that to extract a tooth that



has no external signs of injury, is an error, and advise, to prevent any return of pain, that luxation be resorted to.

## SECTION X.

### LUXATION OF THE TEETH.

This operation consists in raising the tooth and half tearing it from its alveola, so as to break the nerves and blood-vessels that enter its root. After the luxation, or its dislocation is thorough, the tooth is pushed back into its alveola, and being henceforth deprived of its supply of nourishing juices and nervous stimulants dies, and may be considered exactly as an artificial tooth.

## SECTION XI.

### CARIES OR DECAY.

This is the greatest, and, unfortunately, the commonest of diseases which attack the teeth. We will not here enter into considerations of all its various forms of dry, wet, yellow, black, etc., etc., but simply say that caries is to the teeth what the gangrene is to the fleshy parts of the body. The caries or decay of the teeth is first shown by a yellow or brown spot, which spreads and increases, if not arrested, until the whole tooth is destroyed.

At its outset caries is not painful, and some forms of the disease will attack a tooth and cause it to fall in pieces without any pain; but when the

hole caused by the decay penetrates to the dental nerve, the pain occurs, and becomes more or less intense, in proportion to the extent of the evil and of the irritability of the sufferer.

## SECTION XII.

### CURE FOR CARIES.

Three different plans have been recommended for the stay and ultimate cure of caries: cauterization with a red-hot iron, cauterization by means of strong acids, and the ablation and removal of the affected spot by use of the file and of scaling.

Cauterization with a red-hot iron is very painful, does not always succeed, and may cause the tooth to crack. The same operation by means of strong acids is less difficult, but it has the evil of softening the adjacent parts of the tooth, and to cause them to fall off in small pieces. Further on we will say a few words on the various secrets to cure toothache, which are generally of no avail, and, at most, simply dull the pain for a moment. The best way is to attack the evil with the file and scale, and this concerns the dentist. If, after a certain time, a fresh spot should be found upon the filed surface, the dentist's instruments must again be used for they are the only means of preserving a tooth attacked with caries, and of preventing the spread of the decay to its neighbors, for it is rare that a decayed tooth does not communicate its disease to those next it.

We cannot too often repeat the advice to examine frequently the teeth, or to have them examined by a dentist, in order to preserve them from this dangerous evil. As soon as a spot upon the enamel is visible, there is no time to lose, it must be at once removed, and this is all the easier for being done promptly and when the spot is but superficial. If delay allows it to grow deep, what was at first a mere spot becomes an eating decay, that can only be arrested by the removal of the affected spot.

**STOPPING DECAYED TEETH.**— This operation is performed in order to delay the inevitable destruction of a tooth seriously decayed, and which the person does not wish to have extracted. Before introducing the metal it is requisite to thoroughly cleanse, cauterize, and scale the cavity ; the metal, gold or silver leaf, is then introduced in small pieces, and pressed down firmly until the hole is well filled. This kind of filling lasts but a little time, as fragments of the metal are continually being detached, and the work has to be done over again. To obviate this, Darcet's fusible metal has been invented and improved upon by Regnard. This metal has the advantage, by being melted, of filling perfectly the cavity and forming one mass. Another metal, called by its inventor *silver paste*, appears superior to that of Darcet's, as it does not require the use of fire, and hardens gradually, allowing of its being taken out if the operation has not been properly performed. This metal is pre-

pared of virgin silver reduced to a very fine powder and quicksilver. When the two metals are well amalgamated, they are put into a bag of goat-skin and submitted to heavy pressure, which drives out the mercury through the pores of the skin. The residue obtained is a pretty compact paste that is kept for use in a stoppered glass bottle. This paste is used cold, and is forced into the cavity of the tooth by means of a small rammer. After a few days the mercury evaporates, leaving the silver in a solid form, which perfectly fills every anfractuosity of the decayed cavity.

We will here remark, that it often happens, in consequence of filling with fusible metal, that a violent inflammation in the medullary canal takes place; the matter that cannot find an outlet causes intense pain, and it becomes necessary to remove the filling to allow the gathered humor to escape. This inconvenience has caused the method by sheets of gold and silver to be preferred to that by fusible metal.

**EMBALMING THE TEETH.**—Some years ago a process was advertised for embalming decayed teeth and preserving them from rotting. This is one of those trade advertisements that will not stand reflection, for if the decayed tooth is still attached to life by its nerves and blood-vessels, it is impossible to reduce it to the state of a mummy without killing it. If it is dead, that is to say, if its nerves and vessels are entirely destroyed, of what use is it to embalm a lifeless bone? In a

tooth that is entirely dead, caries and decay cease of themselves, and the tooth is like an artificial tooth, only needing the cares of cleanliness. A dislocated tooth is in the same condition.

**EXTRACTION OF THE TEETH.**—This operation, less painful than is generally supposed, requires several instruments in a skilful hand. This is not the proper place for a description of all the various methods, and we must refer our readers, curious in this matter, to works treating of the mechanical part of the dentist's art.

**TRANSPLANTATION OF TEETH.**—We will say but a few words on this subject, an immoral operation in opposition to our ideas, and of which the success seems to us very doubtful. Formerly, a wealthy person who had a decayed tooth, purchased a good sound tooth of a poor person, and the dentist having first extracted one tooth, immediately extracted the other and inserted the sound tooth, yet bleeding, in the alveola from which the bad one had just been extracted. It was pretended that the tooth thus transplanted would take root and live again, but this is more than doubtful, as the nerve and vessels can never accord perfectly so as to re-establish circulation. We allow that transplautation may produce an effect similar to dislocation, that is, that the tooth transplanted into a strange alveola may get fixed by the cohesion of the surroundings without taking root.

**ARTIFICIAL TEETH.**—Whenever one or several teeth are missing, the beauty of the face

and the distinctness of the pronunciation suffer, and artificial teeth must be made use of. These teeth are made of various substances, such as elephant, hippopotamus, and sea-cow ivory. Some are made of various pastes of great hardness, but the majority of dentists are inclined to think that the human teeth, which are in some countries an article of trade, are the best of all. The putting in of either single teeth or partial or complete sets is an essential part of the dentist's profession, and requires a great amount of skill and intelligence. We can only advise our fair readers to choose a talented dentist.

Having now explained the utility of the teeth, their errors of direction, their various diseases, and the means of remedying them, we will proceed with the most essential part of this short treatise, the prophylactics of the teeth, that is to say, their conservation by hygienic care.

## SECTION XIII.

### HYGIENE OF THE TEETH.

Dental hygiene comprises all the means and cures taught us by experience to protect these organs from injurious influences, and to secure their perfect preservation. We particularly wish to impress upon our readers the importance of never neglecting the following advice:

Never eat or drink anything too hot or too cold, avoid keeping acids or acid substances long in the

mouth, and do not use too many acid eatables or drinkables, such as fruits, pickles, vinegar, etc., and always rinse the mouth out after using them.— we will show presently how injurious they are to the enamel ; avoid all chances of shocks, pulls, and pressure ; never try to crack nuts, the stones of fruit, etc., as this may cause the enamel, or perhaps the whole tooth, to crack. We strongly advise ladies, who, when sewing, are accustomed to cut their thread with the teeth, to break themselves of so bad a habit, for the constantly repeated pulls shake the incisors, and cause them to fall out.

There exists a great sympathy between the scalp and the teeth, and we therefore advise persons to be careful when they have their hair shampooed or cut, for the action of damp cold has always a bad influence on the teeth, and may induce swelling, congestion of the gums, toothache, and sometimes decay.

Avoid altogether the use of tooth-powders of which the composition is unknown, for generally those which whiten the enamel contain acids in dangerous quantity. The whiteness so produced is ephemeral, the tooth soon gets yellow, and loses its brilliancy forever. True, the acids destroy the tartar, but they also destroy the enamel, softening it and acting on it as nitric acid does on marble, producing an effervescence on the place it touches, to the cost of its substance. Such is the result of the dentifrices sold by quacks ; the moment the blackest teeth are touched by these magic powders,

they get white, and the vulgar, only judging by the effect of the moment and ignorant of the later consequences, hasten to buy the marvellous powder or wash. The law should prevent, by all means in its power, this dishonorable trade, and not allow the credulous to lose at the same time their money and their teeth.

Not only should dentifrices be free from acids, but should also be free from too strongly styptic materials, which may at last dry up the gums and loosen the teeth, and from very hard substances, such as coral-powder, ground oyster-shells, etc., whose friction wears out the enamel.

The use of the toothpick is indispensable to free the interstices between the teeth from the small fragments of food that stick there, and which give a bad odor to the breath, turn the enamel yellow, and otherwise injure it.

The toothpick should always be made out of a very flexible quill, as any other material would be too hard, and might, through an involuntary movement, force the tooth, crack the enamel, and wound the gum. For this reason toothpicks of metal, or of any hard substance, should be looked on as dangerous.

The use of the tooth-brush is entirely indispensable. The best are those made of badger's hair, as the soft friction they impart can in no way injure the gums, and they fulfil the conditions of hygiene better than hard brushes. Every morning, on rising, the brush should be dipped into a glass of water, perfumed with a few drops of *philodontine*;



have a little tooth-powder, *without acid*, put on it, and with it the teeth must be rubbed gently in every direction, that is, in front, behind, and the sides of the dental arches, without hurting or fatiguing the gums. After brushing the teeth, rinse the mouth with the same perfumed water, which should be tepid in the winter and of natural temperature in the summer.

#### TOOTH-POWDER.

Vegetable charcoal, well pulverized.....	1 oz.
Powder of red quinquina,                   “                   .....	1 “
Carbonate of magnesia.....	$\frac{1}{3}$ “

Mix these thoroughly together, and perfume the powder with a few drops of essence of lemon or of peppermint, according to taste.

This recipe combines all requisite conditions, and cannot be otherwise than beneficial to the teeth.

**TOOTH-WATERS, OR ELIXIRS.**—These tooth-waters, or washes, are the natural auxiliaries of tooth-powders, when compounded with proper ingredients; but we think it our duty to tell our fair readers that the majority of these elixirs coming from the apothecaries' or the perfumers' shops are nothing more than diluted spirits of wine colored with cochineal and perfumed with a few drops of essence of peppermint.

All tooth-washes have the same bases, and if any one of them is superior to another it must be on account of the greater purity of the ingredients employed, since all are compounded with the same articles and in the same manner. Yet, there is not a dentist, a perfumer, or a druggist, who has

not his tooth-wash or elixir, which he declares superior to any other hitherto invented or to be invented. For our part, we will simply recommend the *Eau Philodontine*, which we judge from experience to unite in the highest degree all the qualities to be found in a tooth-wash. When properly put up, the *Eau Philodontine*, taken in the form of a few drops to a glass of water, and so used to rinse the mouth, purifies the breath, renders the mouth healthy, destroys any unpleasant odor arising from the presence of foreign bodies in the interstices of the teeth, gives tone to the gums, and prevents the loosening of the teeth, which last is always a dangerous sign. In a few words, the use of this water, combined with that of the dentifrice, of which we have just given the receipt, is the surest means of preserving the freshness of the mouth, the purity of the breath, the whiteness of the enamel, and the teeth from decay — that fearful disease of the bony substance which always entails the loss of the organ.

We here refer our readers to the formulary at the end of this work for the best means of manufacturing at home a really hygienic dentifrice.

Parents should inculcate, at an early age, on their children the habit of washing their mouths after eating, before going to bed, and on rising. It is an excellent way of preserving the teeth and keeping the breath pure. If, through carelessness or sickness, the teeth have been neglected and their bases have become covered with a yellow mass, it is useless to try and remove it by the means of the brush

and tooth-powder, as it can only be done by scraping off the tartar with a dentist's instrument, commonly called scaling. We speak here for persons who have passed the age of puberty, for the teeth of children must never be touched with a steel instrument—the enamel being too soft, would be probably injured. It is only after the age of sixteen or seventeen that these instruments can be safely used. The dentist will be, however, the best judge whether, in case of incrustation of the teeth, he can use his instruments without risk.

Before speaking of foul breath, we will say a few words on odontalgia or *toothache*, which causes often such intolerable agony, and claim the discovery of a sedative powerful enough to allay it as promptly and effectually as possible.

Several anti-odontalgic mixtures enjoy a well-deserved reputation, but we recommend the **ANTI-ODONTALGIC WATER** \* as the best of all remedies against toothache. This water, whose smell and taste are far from unpleasant, is sedative and cauterizing in its action, which is confined to the dental nerve, and most easily applied. For the upper jaw, press a small ball of cotton imbibed with the water into the cavity of the decayed tooth. For the teeth of the lower jaw, proceed in the same way, or dip a toothpick, or the head of a pin, in the liquid and let a drop fall into the hole made by the caries. Do this once or twice, and close up the cavity with a small piece of cotton.

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\* See the formulary.

## CHAPTER XVI.

### BADLY SMELLING OR FOUL BREATH.

THIS infirmity is all the more objectionable when persons afflicted with it take no precaution to modify it. It arises from various causes, and is due sometimes to a severe affection of the pulmonary or gastric organs; sometimes to the stagnating deposits of mucous matters in the nasal cavities from whence they cannot find egress, owing to the flatness of the bones of the nose; sometimes, again, to the existence of a polype, or of an ozena, a disease of the pituitary membrane.

In any of these cases, it is necessary to consult a medical man, and if he deems the disease incurable, the bad smell should be concealed as far as possible by masticating continually strong aromatics, such as nutmegs, cloves, cinnamon, mace, etc., etc. The Roman ladies used, with great advantage, troches, or lozenges made of the leaves of myrtle and gum-mastic, kneaded together with old wine. The women of the East chew gum-mastic to perfume their breath, and European ladies use peppermint lozenges, cachou, etc., for the same purpose. If the bad smell is caused by the state of the stomach, we advise water of *chloride of lime*, or *pastilles of charcoal*, as having the property of absorbing and destroying the gases of the stomach.

In the much more frequent cases of foul and fetid breath being caused by want of cleanliness and decay of the teeth, a good dentist will soon restore the mouth to a healthy condition by extracting the decayed teeth and rotten stumps, and cleaning the good ones. On leaving the dentist's office, all that is henceforth to be done is to preserve the cleanliness of the mouth by daily care and attention, of which we will give the precepts.

## GENERAL PRECEPTS OF DENTAL HYGIENE

FOR THE PERFECT PRESERVATION OF THE TEETH.

1. Every morning on rising, and every evening on going to bed, the teeth should be rubbed with a soft brush of badger's hair dipped in a dentifrice free from acid. *See Formulary.*

2. Never take food either too hot or too cold; and avoid particularly taking an iced beverage immediately after hot soup; nothing is more fatal to the teeth than sudden changes of temperature, as these affect the enamel, turn it yellow, and sometimes crack it.

3. After eating sour food or fruit, the teeth should be washed and wiped with a cloth to prevent the acid attacking the enamel.

4. After each meal it is necessary to remove, by the help of a toothpick, all fragments of food that may be in the interstices of the teeth, and wash them with tepid water in winter, and water of the

natural temperature in the summer. When we reflect on the evil consequences induced by the rotting of these fragments, such as bad breath, spots upon the enamel, and sometimes caries, we shall at once see the importance of following the advice we have given.

5. Never break walnuts, filberts, fruit stones, or any hard substance between the teeth. Never use the incisors to cut thread, untie knots, or as pincers to hold or pull out anything with.

6. Abstain from using all dentifrices of the composition of which you are ignorant, because, as a rule, those that whiten the teeth instantaneously, contain acids in a proportion fatal to these organs, their enamel gets quickly yellow, and forever loses its polish. The best tooth-powders are made of charcoal and cinchona, and an honest dentist will never recommend any other.

7. Finally, if, by circumstances of temperament, climate, or sickness, one or several of the teeth become decayed, at once consult a dentist, for he alone can obtain a speedy cure. Persons that visit their dentist regularly are thoroughly convinced of the truth of the axiom, "a good dentist keeps more teeth in the mouth than he takes from it."

And it is but justice to say that the dentists of the present day, and particularly of this country, are as skilful as learned. Many of them are the authors of works that prove their profound knowledge of the anatomy and the physiology of the dental organs.

## CHAPTER XVII.

### THE CHEEKS.

**T**HE cheeks have been considered by physiognomists as the ground work or bed on which lie the sensitive organs of the face. The expression of the cheeks consists in their natural or accidental color, in their roundness or their hollow-ness, and in the furrows and wrinkles with which they are marked.

Beautiful cheeks are neither too flat nor too round, neither too thin nor too plump ; their lateral lines should symmetrically and without break form the graceful outline of the oval of the countenance. The skin that covers the cheek should be of the greatest purity and of the greatest delicacy of texture and complexion, for the smallest pimple, the slightest spot, will deteriorate from their freshness.

Too much color, like too little, injures their perfection, and the dimples which indent certain cheeks in the act of laughing may possess a peculiar charm of their own, but are not in strict accordance with the canons of beauty.

**PHYSIOGNOMY.**—According to social position, age, temperament, the passions, and the state

of the health, the cheeks have a great significance for the physiognomist. On them we note the blooming flush of youth and the flaccidness of old age ; we see joy, sadness, health, suffering, generosity, selfishness, refinement, coarseness, austere thought ; and on them the ravages of the passions leave their impress. One loves to press the lips to a blooming cheek whose beauty is still further heightened by a graceful smile. The hollow cheek, on the contrary, the cheek deeply furrowed with wrinkles and scarce covered with flesh, inspires repulsion. Plump and round cheeks belong to infancy. Chubby cheeks denote a gay and jovial disposition, void of care, and inclined to pleasure and good cheer. A haggard, dried up face, bespeaks a sad, anxious humor, and physical or moral suffering. Flat cheeks show little natural wit and a great deal of indifference. Grief furrows the cheeks ; experience and shrewdness mark them with gently undulating lines. Triangular depressions in the cheeks reveal envy and jealousy. Laughing dispositions have prominent cheeks and the commissures of the mouth slightly raised. Cheeks which ascend towards the cheek bones are an indication of a tender and generous heart.

**HYGIENE.** — Cheeks can err by contrary extremes ; that is, they can be either too full or too thin. Too full, they render the face puffy, and too thin, they render it sharp and hollow, which is the more disagreeable of the two. When the size of the cheeks is part of a general stoutness, it



must be diminished by the adoption of a lower scale of dietary; while if it is caused by congestion of white humors, as is the case with persons of lymphatic temperament, an exciting regimen must be resorted to. When the falling in of the cheeks is the result of general thinness and leanness, a generous dietary is the only efficacious remedy, and as the body gains flesh, so will the cheeks fill out. Dry cupping, applied several times a day to each cheek, has been much vaunted as a powerful auxiliary of the fattening plan, the flow of blood brought about by this little operation giving great activity to the organs. With regard to color, it may be frequently observed that one cheek is paler than the other in the same person; and in this case the only rational means of bringing both cheeks into perfect harmony, is to practise frequent frictions with an exciting liquid on the paler cheek in order to cause a more lively circulation in its tissue. Dry cupping, also, applied from time to time, will attract the blood to the affected spot, and will, in time, impart the required richness of color.

## CHAPTER XVIII.

### THE EARS.

**I**T is extremely rare to meet with ears that are perfectly formed, and yet their aid is indispensable to the harmonious whole of the features. This want of perfection in the shape of the ear is probably due to certain head-dresses that interfere with it, compress, flatten, and deform its pavilion. Many women are right when they conceal their ears beneath their hair, for some ears are the very reverse of beautiful.

The ears, to be beautiful, must be placed neither too high nor too low, as either of these defects injures the purity of the oval. They should be neither too large nor too small, nor too narrow nor too round, nor too fleshy nor too thin, nor flat nor detached, nor red nor discolored. The pavilion should present an even, uniform edge or rim, for flat, rimless ears are unpleasant to behold. The grooves, elevations, and cushions should be well formed and proportioned; the lobes short, round, and detached from the cheek are indispensable to the beauty of the ear. When too long they want in grace.

**PHYSIOGNOMY.**—Small, well formed ears

denote wit and vivacity. The lobe free and well detached marks a good temper. A wide, smooth ear shows a weak mind, as does a flat, long ear vanity and foolishness. A short, thick, and badly shaped ear is a bad sign, declaring gross sentiments. A thick, red, warm ear indicates a strong tendency to sexual pleasures. Broad ears, very close to the head, with lobes ending in a point, are, in young people, a certain sign of early stoutness and corpulency.

**HYGIENE.** — Badly formed ears, thick, long, and flat, etc., are a singular blemish to a pretty face, and all evil direction and malformation should be remedied as far as possible.

When the pavilion of the ear is flattened, and, as it were, stuck close to the surface of the head, this fault can be remedied by passing a large tress of the hair behind the ear, so as to push it away from the head and bring it forward. At night-time the hair can be replaced by a small pad of fine linen. To obtain a satisfactory result, this course must be persisted in for a long time, for it is only after years of it that the pavilion becomes detached and loses its bad direction.

In the case where the pavilion is inclined forward, an opposite plan must be followed, and the ear straightened by being kept fixed to the head by means of a fillet, the hair, or ribbons, until it has assumed a correct position.

Should the lobe of the ear be of too great dimensions, which produces a very ungraceful effect,

the only way of obviating the defect is to cut off the excess with a very sharp pair of curved scissors. Some surgeons perform this operation by first marking with ink the form they intend the ear to have, and then at one cut of the scissors remove the exuberant parts.

This little operation, which frightens many, is not very painful, and, we may add, that if it were the fashion, there would be few ladies who would not readily submit to it.

The want, or too small size of the lobe, can be corrected by frequent pullings, and, better still, by wearing ear-rings sufficiently heavy to draw the lobe downwards.

If the orifice of the auditory passage happens to be narrowed, or closed up by the falling over of the protuberances known as the *tragus* and *anti-tragus*, some dilating substance, such as prepared sponge, must be used to enlarge the one and push back the other; but as this operates very slowly, the best way would be to excise these protuberances, an operation which is not painful, and of which the cicatrices heal very promptly.

The ears require constant daily cleansing to prevent the accumulation of *cerumen*, or wax, a yellow humor secreted by the mucous membrane of the auditory passage, for not only does the accumulated cerumen cause disgust, and render a person open to the suspicion of being dirty, but it also obstructs the internal system of the ear and causes deafness. The ears are cleaned by means of a

small instrument of ivory or tortoise-shell, the greatest care being used to operate with tenderness, so as not to irritate the membrane. Should the cerumen have been allowed to harden and become dense, or if it is deeply situated, an infusion of marsh-mallows or lukewarm milk must be injected by means of a syringe. We advise people with delicate hearing and very sensible to shocks, to place a small wad of cotton in the auditory passage whenever they anticipate hearing the report of artillery, of fireworks, or any other violent noise. This should be done also by bathers who are in the habit of diving. Should an insect by chance penetrate into the ear, a thing of very rare occurrence, as the cerumen is most objectionable to the race, an injection, by means of a syringe, of fresh almond or olive oil, will cause its death or its injection. That neither graceful nor charming insect, the earwig, owes its name to an imagined propensity to penetrate people's ears — an insect office seeker!

We will here especially caution our fair readers of doing anything injurious to the ear, as many unwittingly do through excess of cleanliness.

The tympanum or membrane, which transmits by its vibrations the sense of sound to the brain, is extremely delicate and very liable to be pierced or broken. Once this occurs, the sense of hearing is lost. We therefore urge the greatest precaution in using any hard instrument, or too violent and frequent use of the syringe in dealing with this exquisitely delicate organ.

The tragus, the anti-tragus, and the lobe of the ear are sometimes the seat of small tufts of hair or bristles, which often attain to an inconvenient length, and are not pleasant to behold. They can be got rid of by being pulled out one by one; or, should this plan prove too painful, they can be extracted by means of the depilatory powder of which we give the receipt in the formulary of this work. If both of these methods are objectionable, the hairs can be cut off with scissors as soon as they appear. Pulling them out, if carefully done, offers no danger.

Ear-rings are not by any means indispensable to the beauty of the face, and are a fashion which comes to us from the most savage people. An ear pierced by a hole is certainly less beautiful than one in its natural condition. No sculptor has ever given ear-rings to a statue of Venus.

We advise ladies who like this style of ornament always to select the smallest and lightest, in order that the lobe of the ear may not be injured.

## CHAPTER XIX.

### SECTION I.

#### THE CHIN.

THE chin is the point where meet the two opposite lines which form the oval of the face. Its shape, always determined by that of the bone of the lower jaw, differs according to the races of people; it is square with the Northern people, rounded or lengthened with those of the South.

**PHYSIOGNOMY.**—Fleshy double chins are usually the mark or the result of sensuality. The angular shape of the chin denotes cunning and readiness of wit. Flatness or inclining inwards show coldness and egotism. A square chin indicates great firmness of character, pushed sometimes to the extent of obstinacy. Big chins, heavy wit. Small chins, weakness, timidity. *Pointed or sharp chins*, a jesting mind. Round chins having dimples on them, show a gay and kind disposition. The delicacy of the chin is a proof of the delicacy of the mind; a chin that is wide and long, indicates the contrary.

When beneath the chin there forms a roll of fat (*double chin*), it is, alas! a sign that youth is departing from us. A little later, several longi-

tudinal lines make their appearance in the form of cords, starting from the symphysis of the chin, and ending near the larynx—signs of old age which come always too soon.

**HYGIENE.**—The differences in length of the lines of the chin, are one of the causes of the variation of the facial angle in various individuals. The accumulation of adipose matter beneath the lower jaw, produces what is called a double and a treble chin.

When the lower maxillary bone falls too much inwards, as happens in the case of an incomplete development of its arcade, there ensues a deformity that a man can conceal beneath a long and bushy beard, if he is fortunate enough to be endowed with that masculine appendage.

The deformity produced by the advancing of the lower jaw, can be remedied by the *inclined plane*, a little apparatus which gradually forces the teeth of the lower jaw to pass behind those of the upper. This treatment is the business of a surgeon, to whom we beg to refer our readers.

## SECTION II.

### THE NECK.

This part of the body, although devoid of any active expression, has, as well as all the other parts, its beauties and its attractions. The pivot on which the head turns in almost every direction—the neck—should be of medium length; if too



long, it would isolate the head from the shoulders ; if too short, it would confound those two regions, and hinder the motions of the head ; if too thick or too thin, it would not be in harmony with the rest of the body.

According to the beautiful proportions fixed by ancient Greece, the neck should be twice the length of the nose, and be thick in proportion to its length. Slender at the upper part, broader at the lower, rounded and springing well from the shoulders, devoid of any marked depressions of muscles or tendons, the neck should support the head in a vertical position without any stiffness.

**PHYSIOGNOMY.**—A thick, short neck is an index of physical force and coarse tastes. A long and slender neck shows a weak, suspicious mind, void of force and consistency, easily discouraged. A short neck belongs to robust people ; a long neck to delicate people. The first are subject to apoplexy, the last to diseases of the chest, phthisis, etc.

A supple neck marks the flatterer. A stiff neck is proverbially the sign of obstinacy, presumption, and pride. Persons inclined to voluptuousness have the neck rounded ; it swells and renders the jugular vein apparent. It is on the neck, just below the chin, that appear the first ravages of time with the fair sex. The delicate, fine curves, to which has been given the name of the necklace of Venus, disappear, alas, but too rapidly beneath wrinkles and folds of adipose.

The variety of necks extends to all the animal kingdom. Among most quadrupeds, as with the human race, this variety coincides with the degree of strength or weakness with which they are endowed.

**HYGIENE.** — Most complicated in its anatomy, the cervical region is liable to a number of faults and defects, of which we will only summarily mention the chief. Punctures, burns, various kinds of wounds, congestion of the glands, abscesses, boils, pimples, and other affections of the skin, injure more or less the beauty of the neck, and should be treated with the greatest care, so as to leave no scar or hideous blemish.

### SECTION III.

#### STIFF-NECK — GOITRE — SCROFULA.

The first of these, stiff-neck, yields readily to emollients, sedatives, and local baths or fomentations. The plan is to keep up a constant moisture at the place. Goitre and scrofula, the first so frightful, and the other leaving very disagreeable scars, may be, if not completely cured, at least considerably modified by hygienic and medical treatment. Necks, whose stoutness or thinness depends on a corresponding condition of the rest of the body, can also be diminished or increased. Any wrong attitude or position of the neck is also capable of being remedied under proper surgical care.

## SECTION IV.

## METHOD OF EFFACING WRINKLES.

Bad habits, frequent contractions of the muscles of the face, provoked either by too strong a light, by continual gayety or grief, create, after a certain time, abnormal furrows and lines in the countenance, altering its expression and beauty. When wrinkles have been formed from the above causes in faces still youthful, it is possible, with the help of perseverance, to efface them in the following manner :

Cut some small strips of very adhesive court-plaster, then pinch the wrinkle between the forefinger and thumb, so that the furrow is obliterated, and with the other hand apply the plaster across the wrinkle, holding it till it adheres firmly. This application, made before going to bed, is intended to obliterate the furrow in the skin, and to keep it so during sleep.

If this plan does not succeed in getting rid of the wrinkle permanently, the following plan will probably do so :

Cut out two small patches of court-plaster, place a silk thread on the gummed side of one of the pieces, which stick to the ungummed side of the other piece, thus holding one of the extremities of the silk, sandwiched as it were, between the two patches. Prepare two other patches in the same manner, and when they are dry and firmly fastened together, stick one of them on each side of the

wrinkle, and when firm, pull gently on the threads in opposite directions. The skin follows the impulsion of these gentle pulls, and when the wrinkle has disappeared, tie the two ends of silk fast together. This little apparatus, kept on for several successive nights, will generally efface any furrows in the skin.

When wrinkles are situated in the middle of the cheeks, they can be obliterated by keeping constantly in the mouth, between the inside of the cheek and the convexity of the dental arcade, some round body, such as a small ball of boxwood, of citron-root, or any other hard wood.

Dry frictions, combined with aromatic lotions, may in some cases restore the suppleness and elasticity of the skin. We cannot too strongly advise ladies never to use the waters, ointments, pastes, etc., recommended by quacks, as they all contain salts of lead or of zinc, that are always injurious to softness and suppleness of the skin. These applications act for a few days, but after that the reaction makes the evil greater than before, furrows grow deeper, and wrinkles become more visible.

Wrinkles caused by the general leanness of the body, will always disappear beneath the effects of a generous nourishing dietary.

## CHAPTER XX.

### PATHOGNOMY OF THE FACE,

*Or Signs by which can be Distinguished various  
Moral and Physical Affections.*

IT is an undoubted fact that derangement of health, and affections both moral and physical, are all reflected on the face; and the study and the knowledge of these signs are of the greatest use to the physician in forming his diagnosis, and to the physiologist in judging the instincts and passions of the subjects of their study. This subject would, of itself, require a volume, and we can but touch lightly upon it.

The pathognomic signs of the face have two causes: The system of the circulation, and the nervous system. 1st. All changes of color and complexion of the skin are caused by the blood. 2d. Nervous phenomena have their origin either in the cerebrum, the cerebellum, or the spinal marrow.

The trouble arising in any of these systems is clearly read by perfectly defined signs, as we shall see.

Redness of the face indicates an abnormal flow

of blood in the vascular tissue of the skin of this locality. Thus, in inflammatory fevers, after violent muscular exertion, the face flushes and becomes of a fiery red. Certain emotions of the mind produce the same effect—the blush of modesty, the flush of shame.

When the arterial vascular tissue of the skin, under the influence of a spasm or a mechanical occlusion, fails to give passage to the blood, the face acquires a leaden hue. Paleness of the face is also one of the symptoms which mark several kinds of sickness, and is seen in cases of fainting fits, momentary weakness, etc., during certain violent emotions, fright, intense anger, etc. Habitual pallor of the countenance indicates a weak constitution, enfeebled by sickness or insufficient nourishment. In cases of chlorosis or pale complexion, the face becomes of a greenish white. Cancerous diseases impart a deep yellow or gingerbread hue. Diseases of the liver produce hepatic blotches and freckles, particularly on the forehead. Pregnancy leaves sometimes a large brown stain on the face. Jaundice gives the whole body a saffron hue. The action of the sun revives freckles that winter had effaced.

A dreadful disease, *phthisis*! generally known as consumption, imparts a bright red spot to the upper part of the cheeks, while all the rest remain pale; the eyes shine in hollow orbits, and towards evening and at night the forehead is bedewed with sweat. These are unmistakable signs of pulmo-

nary consumption. Alas, all the time that death is remorselessly urging its victim towards the tomb, the invalid is fondly flattering himself with the hope of a speedy restoration to health. Adynamic fever gives to the features a ghastly paleness.

As puberty approaches, and during that period of life when the blood, in rapid motion, inflates the organs, the face grows red and white alternately. The abuse of certain enervating pleasures is detected by a brownish circle round the eyes, deepest at the lower eyebrow. The difficulty, or the too great abundance of the monthly tribute, may both produce the same effect on women of weak and delicate constitutions. Redness of the whole face, added to its swelling, gives reason to fear an attack of apoplexy. A pale forehead, bathed in perspiration, is a warning of indigestion. The lips and the tongue furnish signs no less precious to diagnosis. The lips, the edges and the point of the tongue of a fiery red, indicate an acute inflammation of the stomach. The tongue, when entirely red, shows intestinal inflammation. A yellowish deposit on the tongue shows an irritation of the bile. A black coating of the tongue accompanies typhus fever, while the coating is white in cases of gastric troubles and rheumatism. A trembling tongue, with the tip deviating to one side, tells of an injury to the brain. Paleness of the lips is a sign of weakness and of *anemia*. Blue lips lead one to fear aneurism, apoplexy. The lips

are subject to a marked deviation in cerebral affections.

The various tics of the face, involuntary winking or blinking of the eyelids, spasmodic contractions of the muscles of the nose, of the lips, of the ears, as well as the tics and contractions of the trunk and of the limbs, show that there is something more or less wrong with the nerves that cause these movements.

We might enumerate an infinite number of examples, but think we have given enough for our readers, and we do not wish to encroach on the domain of surgery and physic.



## CHAPTER XXI.

### THE HAIR.

**I**F there be one point more than another in which the tastes of mankind appear to agree, it is that rich, luxuriant, flowing hair, is not only beautiful in itself, but an important, nay, an essential auxiliary to the highest developments of the personal charms. Among all the refined nations of antiquity, as in all time since, the care, arrangement, and decoration of the hair formed a prominent, and generally the leading, portion of their toilet. The ancient Egyptians and Assyrians, and other Eastern nations, bestowed on it the most elaborate attention. The ancient Jews, like their modern descendants, were proverbial for the luxuriance and richness of their hair, and the care which they devoted to it.

In modern times, the high estimation in which a beautiful head of hair is held, is probably as great as at any former period of the world's history. It is still regarded as an important ingredient in manly beauty, and as one of the very essentials of feminine loveliness and fascination. All persons are proud of it — all covet it — all admire it. Indeed, it may be truly said, that all people, ex-

cept the most indolent, vulgar, and degraded, are more or less sedulous in their endeavors, in private, to improve their hair, and by tasteful arrangement to set it off to the best advantage.

The hair, though devoid of sensibility and unsusceptible of expression under the influence of the will and the ordinary mental feeling, like the mobile portions of the face, and though it may be popularly regarded rather in the light of a parasitic growth than as an essential portion of the body, is capable of being affected by the stronger emotions and passions, and even of aiding the expression of the other features.

There have been cases known of the hair standing literally on end under the sudden influence of horror or terror. The passions, which so frequently wreck both mind and body, have their effect on the hair, which is in full sympathy with our mental and physical organization.

There also have occurred cases of the hair suddenly turning gray under violent and sudden emotion. Its doing so in consequence of lengthened suffering, is well authenticated in history, and we need but to recall to our readers' memory the cases of Mary, Queen of Scots, and the equally unfortunate Marie Antoinette, of France.

**THE FORMATION AND PHYSICAL STRUCTURE OF THE HAIR** is very complicated and beautiful. On careful and minute inspection, it is seen to consist of elongated horny filaments or tubes, which derive their elasticity and flexi-

bility from their attenuated form. It is secreted and formed by certain minute conical-shaped glands, called the "hair bulbs," and certain vessels called the "hair capsules," both of which are lodged in the network of the cutis or true skin.

The rudimentary hairs are elaborated in the first in a semifluid state, and assume the form of a fluted pith, which is then invested by the capsules with a semi-transparent, horny sheath, giving a tubular and twofold structure to the hair. As these rudimentary hairs develop themselves and harden, they push themselves gradually through certain pores or passages of the skin called the "hair tubes," or "hair canals," and appear at the surface in the form of true hair, of which the texture becomes harder the farther it extends from the skin. These tubes are lined with a thin layer of cuticle, which adheres to the base of the newly formed hair next the bulb, forming the white sheath or ring observed round the base of a forcibly plucked hair, which is popularly, but incorrectly, regarded as its root. They are also placed obliquely, and not perpendicularly, in the skin, by which the "set" or direction of the hairs on the surface of the head is determined. It is the form which these canals assume in their course outwards that gives some of its external characteristics to the hair. In the Caucasian races these tubes are generally straight, or only slightly curvilinear; the exceptions being in those who have

wavy or curly hair, in whom these canals are more or less serpentine or spiral.

In the African races they are rather intricately and contorted, and hence the crisp, grisly nature of the hair of the negro.

It may be further remarked, that the sheath or tube, that forms the visible portion of the hair, is not cylindrical, as it appears to the unaided eye. Under a magnifier of small power it is seen to be jagged, like the teeth of a saw, owing to being formed, as it were, of a succession of inverted cones, so arranged as to fit into and receive each other, the separations inclining inward from the root upward.

The hairs being thus formed and protruded through the skin, continue to grow until they acquire the length peculiar to the species of the individual, by incessant additions to their lower extremity within the skin; and they are continually repaired and kept in a state of vitality by the fluids that pervade their pith or centre.

Nor is this all. Nature has provided suitable glands around the base of the hairs to secrete oily matter, for the purpose of keeping the skin soft and easily permeable, and the hair itself soft, flexible, and glossy. In a state of perfect health this supply never fails, and is always sufficient for the purposes for which it is intended.

**THE CHEMICAL CONSTITUTION OF THE HAIR** consists chiefly of indurated albumen, together with a little gelatine, or matter that yields

it. Soft and very flexible hair is said to contain the most gelatine. Vanquelin discovered that the hair contains two different kinds of oily matter: the one white and bland, common to all hair; the other, colored, and on which, in part, the particular color of the hair depends. Small and variable quantities of mineral substances are also found in the hair. In light-colored hair magnesia is found, and in black and dark-colored hair, iron and sulphur. It is the presence of these last that mainly gives to dark hair its color. Fur, wool, bristles, and spines, in their chemical nature, structure, and mode of formation, resemble hair; as also, to a very great extent, do the feathers of birds.

**THE BIOGRAPHY OR LIFE HISTORY OF A HAIR** resembles that of the microcosm, of which it forms a part. Human hair is perennial; and unless its connection with the skin be severed by violence, the effects of disease, or the premature decay of the hair-bulbs from any of the numerous causes liable to affect them, it preserves much of its vigor and integrity to a late period of life. In most animals the hair is deciduous, and is cast annually; but it is not so in man.

In infancy and early childhood the hair is generally pale, soft, thin, and very flexible. As the age increases, it gradually becomes more abundant, darker, coarser, and stiffer. In healthy youth and early maturity it reaches its prime, or state of greatest luxuriance and beauty, and thus it continues for some years in a nearly stationary condi-

tion. Then it usually gradually, very gradually, becomes thinner and weaker, and slowly loses its glossiness and some of its color. Next, owing to the decreasing vigor of the circulation of the scalp, and its attenuation consequent on the progress of life, the hair commences falling off from the crown of the head, and soon afterward from the partings, which widen and become more conspicuous. The comb and brush may now be perceived to remove a greater number of weak hairs than heretofore, the place of which is not filled up by fresh ones as formerly. This state may continue for some years, or even until a late period of life, the hair merely gradually growing weaker and sparser, and the crown more extensively bald; but usually more marked changes occur. About or soon after the middle age, and sometimes even before it, gray hairs begin to appear. At first they are few in number, and far apart; but time soon multiplies them, and in a few years they become sufficiently numerous to affect the general hue of the hair. The crown of the head, by this time, is probably wholly denuded of hair, and that on the other parts, where it still remains, is rapidly growing thinner and weaker, until little is left, and this only on the lower portion of the sides and the back of the head. By the process of decay this is, ere long, blanched to a silvery white, and almost general baldness ensues—the usual accompaniment of old age.

The hair, however, does not always maintain its

integrity and slowly sink into a state of decay by gradual changes in the manner just mentioned. On the contrary, a number of influences, avoidable and unavoidable, are constantly at work to deteriorate this one, and to hasten the others. Among these may be mentioned uncleanness, mismanagement, the use of improper cosmetics, impaired health, disease, anxiety, watchfulness, irregular habits, intemperance, excessive indulgence of the passions, exposure to the weather and to the vicissitudes and extremes of climate, want of fresh air and exercise, keeping the head unhealthily hot and close, excessive or repressed perspiration, undue pressure, accidents, and the like, from one or more of which the cases of premature grayness and baldness, now so common, in general arise. Indeed, it may be observed, that whatever proves injurious to the skin, also proves injurious to the hair-bulbs imbedded in it, and consequently to the hair itself.

It may be laid down as a law, to which there are no exceptions, that the vigor, luxuriance, and beauty of the hair, uniformly correspond to the state of health of the scalp from which it grows. Whilst the scalp is soft and thick, and the blood circulates with healthy vigor through its vessels, as is the case in youth and the early years of maturity, the hair-glands and capsules have ample space to exist and to work in, and ample materials, in the shape of healthy arterial blood, out of which to elaborate their secretions. It is during this state

that the hair reaches its highest degree of luxuriance and beauty ; and it maintains these as long as the health and vigor of the scalp continue.

As soon as the vigor of the circulation in the scalp begins to decline, whether from age, disease, or other causes, it suffers gradual attenuation. The functions of the air-bulbs are thus more or less impeded, and as the attenuation proceeds, they are ultimately arrested altogether. The former produces weak, thin hair ; the last, baldness. The smoothness, thinness, and partial transparency of the bald scalp of the aged has probably been observed by our readers.

**THE MANAGEMENT OF THE HAIR**, under the ordinary conditions of life and health, like that of the skin, is extremely simple, and should be either based on principles derived from the physiological facts already presented to our readers, or of a nature that will not interfere with the healthy functions of the hair-producing organs. The chief of these, and, indeed the essential ones, involve the necessity of keeping both the hair and the skin of the head perfectly clean, and the former arranged in the direction in which it naturally lies, subject only to such little deviations as may be necessary to adapt it to the position in which it is usually worn ; and this arrangement and position should be constantly followed on each occasion of dressing it.

The hair, after a preliminary application of the dressing-comb, should be gently and assiduously



brushed straight or downwards in all directions round the head, until it be rendered quite smooth and apparently free from scurf. The motion of the hand may now be changed gradually, until it assumes a direction upward and across the head, or one contrary to that in which the brush was previously used. This direction of the brush should be continued for a short time. It has the advantage of not exerting any strain on the hair of the crown and of the partings, and of removing all the scurf that escaped the first brushing. A similar gradual change in the motion of the hand to the direction in which the brush was first used, will restore the hair to its former position, and again smoothly and equally distribute it around the head, from the crown downwards.

If curling-irons or crimping-tongs (objectionable things) be used, now is the moment to do so. The hair may now be parted and adjusted with the comb, the coarser end being first used, then again well brushed to give it smoothness and set, and lastly receive any final adjustment to bring it into the usual position and style adopted by the wearer.

The oftener the comb and brush are used the better it will be for the luxuriant smoothness and set of the hair. This mode of treating the hair is the best when it is desired that it should present an easy, flowing appearance, and be gracefully affected by the motions of the head and body.

Besides this daily attention to the hair, some-

thing else is necessary to insure its cleanliness and beauty, and the perfect health of the skin of the head from which it springs. For this purpose the head should be occasionally well washed with soap and water, using an abundance of the latter, and taking great care afterwards to thoroughly rinse out the whole of the soap with the same water in which the head has been washed. The water may be either tepid or cold, according to the feelings or habit of the person; and if the head or hair be very scurfy or dirty, or hard water be used, a few grains of soda (not potash or pearlash) may be advantageously added to the water, and will increase its deterative qualities. After the hair has been washed, which should be done quickly, though thoroughly, it should be freed as much as possible from the water by pressure of the hands, and then wiped with a soft, thick towel, which should be done with care, to avoid entangling it.

In ordinary cases, this act of cleanliness should be performed once in every week; but if the head be much exposed to dust and dirt, or is very scurfy, or the person perspires very freely, it should be performed semi-weekly, or even oftener.

**THE CUTTING OF THE HAIR** is a point connected with its management which is generally little understood, yet there is not merely artistic skill required to do this becomingly and beneficially, but also the application of principles founded on a knowledge of the growth and structure of the hair. As a rule, hair-cutters and hair-dressers are igno-

rant of these principles, and conduct their operations in a very careless way, immediate effect in reference to the personal appearance being the only object which they aim at. Thus, according to the common practice, the strong, luxuriant hairs of the lower portions of the head get unduly shortened, whilst the weaker, and probably the decaying hairs of the crown and around the partings, are left of extreme length, and often not cropped at all. Now, if there be anything serviceable in strengthening weak and decaying hairs, it is frequent cutting, and being kept moderately short. But such hairs grow feebly, and are of inferior length to their vigorous neighbors, which thus in general overtop and conceal them, and shield them from the scissors of the hair-cutter, who, indeed, neither thinks of them, nor takes the trouble of looking for them. But it is on attention to these weak and impoverished hairs that the whole art of beneficial hair-cutting depends, and to do this, some trouble, and more time and skill are required than are usually devoted to the operation.

**TO IMPROVE THE GROWTH AND LUXURIANCE OF THE HAIR** when languid or defective, the only natural and perfectly safe method that can be adopted is to promote the healthy action of the skin of the scalp by increasing the vigor of the circulation of the blood through its minute vessels. For this purpose nothing is so simple and effective as gentle excitation of the skin by frequent, continued friction with the hair-brush,

which has the convenience of ease of application and inexpensiveness. The same object may be further promoted by the application of any simple cosmetic wash, or other preparation, that will gently excite and stimulate the skin, or exercise a tonic action on it without clogging its pores.

**TO IMPART SOME DEGREE OF WAVINESS OR CURLINESS TO THE HAIR**, when it is naturally straight, and to render it more retentive of the curl imparted to it by papers, or by other modes of dressing it, various methods are often adopted, and different cosmetics employed. The first object appears to be promoted by keeping the hair, for a time, in a state intermediate between perfect dryness and humidity, from which different parts of its structure being unequally affected, in this respect, will acquire different degrees of relaxation and rigidity, and thus have a tendency to assume a wavy or slightly curly form, provided the hair be left loose enough to allow it. For this purpose nothing is better than washing the hair with soap and water, to which a few grains of salt of tartar (carbonate of potash) have been added, or it may be slightly moistened with hair-wash. The moistened hair, after the application of the brush, should be finally loosely adjusted as desired with the dressing-comb, and the effects will occur as the hair dries.

The hair is subject to various deviations from the healthy standard, all of which, as already stated, depend immediately on the state of the

scalp, from which it springs, and indirectly on various causes, of which we have already enumerated the principal. Among them the following may be deserving of special notice :

The *gradual decay and impoverishment* of the hair, shown by its becoming finer and thinner, with greater or less loss of its brightness and color, and a larger quantity than usual being removed on each application of the comb and brush, whether premature or the result of advancing life, is most likely to be arrested, or retarded, by attention to the general health and habits, and careful avoidance of any article of head-dress or other matter which is known to be prejudicial to the hair. The special treatment may consist in daily, or as frequently as possible, washing the hair in cold water, gentle, continued friction with the hair-brush, and the use of mild stimulating applications, so as to produce a slight but sensible irritation of the skin of the scalp. Habitually a disordered stomach, bowels, or nerves, and particularly biliousness and dyspepsia, frequently affect the hair in this way, and should be met by medical treatment, of which antacids and tonics, as quinine and iron, should generally form a part. When either of these two last affections is present, a physician should be consulted who will, by his skill, effect more than mere topical treatment could do.

**BALDNESS**, especially of the crown and forepart of the head, whether actual or impending, may be a natural consequence of man's infirmity on ac-

count of old age, and in which case it must be looked upon rather as an evidence of failing vigor than as a disease, or premature, and produced by various causes.

Baldness is common after severe fevers, and after erysipelas and other serious inflammatory affections of the scalp ; and it is frequently caused by external pressure, friction, or violence, want of the necessary exposure of the head to the air, and by such other local actions and conditions which, when long continued, interrupt the normal functions of the skin.

Persons with a consumptive, scorbutic, scrofulous, or syphilitic taint, or of a general bad habit of body, are apt to lose their hair early. In these cases, the loss probably arises from debility, or paralysis of the vessels of the skin, and the consequent insufficient action and nutrition of the hair-bulb. When it occurs in persons of, or under, the middle age, and apparently enjoying good health, it may be often traced to the pernicious practice of constantly wearing a hard, non-ventilating hat, or to disordered stomach and liver, hard drinking, irregular habits, late hours, or the like. Excessive anxiety, or grief, and intense study and thoughtfulness, also tend to promote the early decay and loss of the hair. The natural baldness of the aged, and frequently the premature baldness of earlier years, particularly in the studious and grief-worn, arises from the reduced energy of the circulation in the vessels of the scalp, and its consequent grad-

ual attenuation, until it becomes too thin to afford sufficient space for the performance of the functions of the hair-bulbs and their associated organs, and too scantily supplied with blood for their due nutrition and support. In such cases it will be found that, owing to this attenuation, the scalp covers a larger portion of the skull than it previously did when vigorous, and that its sides have somewhat receded from the top of the head, so that the roots of the remaining hairs descend lower on the forehead, temples, and the sides and back of the head than formerly. This may be perceived by applying the open hand to the part, and then gently closing the fingers, when the scalp will be drawn into its original position, and will then appear loose and wrinkled over the upper portion of the head thus operated on; and this in a manner very different to what occurs when the top of the head is covered with hair.

When the hair suffers a marked deterioration in quality, and ceases to grow, or grows languidly, and falls off in large quantities without being replaced by new growths, particularly if, at the same time, the usual healthy formation of scurf ceases, and the scalp looks pale, and exhibits a perceptible loss or diminution of its natural warmth, sensibility, softness, and plumpness; or, in other words, shows the usual signs of gradual attenuation, the approach of baldness may be suspected. It is now that remedial treatment has the best chance of success, and, if promptly and skilfully adopted,

will generally arrest, or greatly retard the progress of decay, and not infrequently restore the hair to its pristine condition. The treatment should be of the nature above mentioned, but everything must be carried further, and every preparation employed, to be serviceable, should be considerably stronger than in the previous case. The frictions with the hair-brush should be more frequent and longer continued, and the daily ablutions in cold water more rigorously performed; or, what is better, replaced by a cold shower-bath, taken on rising in the morning. When greasy preparations are used, it is advisable to wash the head with soap and water once a day. During this treatment the hair should be kept rather short by frequent cutting; and if no manifest improvement occurs in the course of three or four weeks, the head, or at least the upper portion of it, may be shaved once or twice a week, and a wig or a scalp worn for a time. The effects of keeping the hair short, or closely cropped, or shaved, is to stimulate the hair-bulbs, and to cause them to spend on the stumps, and on the formation of new hair, the whole of the hair-producing and nutritive matter, which would otherwise, for the most part, be taken up by the length of hair removed. Hence, the remaining hair generally grows thicker, stiffer, and stronger the oftener the razor or the scissors are employed, and new growths arise; and this frequently when all other means of restoring the hair fail. Besides this, friction and medicaments can



be more conveniently applied to the skin when bare than when covered with hair.

The strength of the external applications for daily use, whether wash or lotion, oil or pomade, should be sufficient to produce a pleasant glow of warmth, and slight, very slight rubefaction of the skin of the scalp, which should be promoted by gentle friction. Without this occurs, and continues with little abatement during the interval between their application, they do no good whatever. A proof of their favorable action is afforded by the scalp feeling warm to the hand when placed in contact with it.

When there is actual baldness, the same treatment should be followed ; but if the portion of the skin implicated be extensive, friction with the hand, a piece of flannel, or a coarse towel, will be preferable to that with the hair-brush.

*Scurfiness* of the hair, when of an ordinary and trifling character, is not a disease, but results from want of cleanliness, and particularly from the non-use, or insufficient use of the hair-brush. *Scurf* is a natural and healthy formation, and, within certain limits, is most abundantly produced when the hair grows most rapidly. It may be kept from accumulating, but it cannot be prevented.

Finally, we must caution our readers against placing any reliance on external applications, unless their action be assisted by due attention to diet, exercise, ventilation, regular habits, and such other matters as tend to promote the general health and vigor of the body. For all advice on these matters, we again refer our readers to a physician.

## CHAPTER XXII.

### CLEANLINESS — BATHING — SOAP, ETC.

THAT cleanliness is essential to the health, comfort, and personal appearance of the individual, is so generally admitted that even those who do not practise it are compelled, by their feelings of decency, to speak in its praise. It is impossible to speak too highly, or to say too much in favor of personal cleanliness. It enhances every charm, and creates new ones peculiar to itself. It invigorates all the numerous functions of the body and of the mind. It is capable of rendering the most ordinary agreeable, and even the sick and the deformed companionable. Beauty itself, without its talismanic influence, ceases to attract, or soon palls and satiates the senses it so lately ravished. It is a mark of politeness and good breeding, and is capable of inspiring the most refined sentiments, affections, and passions. Without it man is unfitted for social intercourse, and his presence in company would prove a manifest cause of offence. It has been justly observed, that “the different nations of the world are as much distinguished by their cleanliness, as by their arts and science.” The more they are advanced in civilization and

refinement, the more they consult this part of politeness. No one perfectly clean in his person can be absolutely disagreeable; whilst no amount of personal charms in features, figure, or complexion, can render an individual companionable without it.

In its relation to health, personal cleanliness is of the very highest importance. During life, the skin, as we have seen in preceding chapters, is continually subjected to abrasion, and continually undergoing the processes of reproduction and decay, by which the cuticle or scalp-skin, its exterior portion, is being constantly thrown off as effete and useless matter, in the shape of very minute scales or dust. This, mingling with the oily, saline, and aqueous matter of the perspiration, and the waste particles of the dross, dust, etc., acquires sufficient adhesiveness to attach itself to the surface of the body, and to the clothing. In this way, unless the accumulation be daily removed by friction and washing, the channels of the perspiration become choked, and the functions of the skin, as a respiratory organ, interfered with, or even partially suspended.

The ill consequences of uncleanness, and particularly of a dirty skin—a skin loaded and obstructed with adhering refuse matter discarded by itself—are numerous and serious. Such matter forms a favorable medium for the absorption, and the transmission to the internal portions of the body, of noxious effluvia, vapors, and gases, miasmata, and the aërial germs of infectious and con-

tagious diseases. It is said that "the greater part of (contagious) poisons are conveyed to us through the external surface of our bodies; and it is fully proved that poison already communicated has been by cleanliness removed, before it could actually produce any bad effects."

Such are the immediate effects of neglected ablution of the skin, and the neglect of other acts of personal cleanliness; the further consequences are of an equally serious character. The blood being deprived of one of its sources of oxygen, and of one of the outlets of its carbon and saline matter, becomes deteriorated, the functions of nutrition imperfect, and the temperature of the body lessened. The matters that should be thrown out of the system through the skin are retained, and have to be eliminated by other organs. The lungs, the kidneys, the liver, the bowels, are each, in their turn, overtasked to perform the functions of another organ. At length they suffer from exhaustion, the health is disturbed, and incipient disease follows. The predisposition exists, and only waits for an exciting cause to give it full development. The period of incubation may be short or long — weeks, months, even years — according to the age and constitutional vigor of the person; but the evil day comes at last, and skin-diseases, nervous affections, diarrhœa, liver-complaint, consumption, dropsy, visceral obesity, or some other serious disease of the vital organs ensue, destroying the last remnants of beauty, and rendering life uncomfortable, if not a burthen.

However important and beneficial the free and frequent use of water for personal ablution may be, the effects arising from the immersion of the body in it, as in the practice of *bathing*, are far more extensive and complete. What the one does usefully, but not completely, the other accomplishes readily, satisfactorily, and perfectly. There is no absolute succedaneum for the entire bath. Its physiological effects are peculiar to itself, and of the utmost importance in hygiene, pathology, and medicine. Nor is the action of judicious bathing, in the promotion of personal comfort and happiness, and personal beauty, less remarkable. Intellectual and moral vigor are also gradually, but materially, influenced and promoted by its beneficial action on the system; for mind and conscience, being linked to matter in the "house we live in," become perturbed or lethargic, in almost exact accordance with the fluctuations of our physical health. The soul and mind cabined within the confines of a dirty skin can no more exercise their godlike prerogatives of highest reason and activity, than the prisoner in a felon's cell can exercise his limbs with the vigor and agility of a free man. Healthy imagination thus becomes dormant and extinguished, and conscience itself obtunded or degraded into vice.

The preceding recommendation of bathing applies chiefly to the *warm bath* and the *tepid bath*, which are alike adapted to the delicate and the robust, and to every condition of climate and

season. *Cold bathing* is only suited to the most healthy and vigorous, and can only be practised during the warm months of the year, and in a mass of water that has been for some hours exposed to the rays of the sun, and sufficiently large to permit of the heat of the body being maintained by swimming or other active exercise. The *shower-bath* is an exception to these remarks, and is a convenient and invigorating substitute for other forms of bathing. The *plunge-bath* is also a partial exception; but it should be carefully avoided by those who are predisposed to heart disease or brain disease, or to congestion of any of the great viscera. *Sea-bathing*, from its stimulating and invigorating action on the skin and the whole nervous system, is not only most agreeable, but highly salutary, when indulged in at the proper season. It has also the important advantage over bathing in fresh water, that persons seldom take cold from it. As an agent for promoting and preserving the softness and delicacy of the healthy skin, and the bright hues of the complexion, it is, however, inferior to the warm bath and the tepid bath.

“Water,” says Wilson, “enables us to remove the pellicles of impurities previously spoken of from our bodies; and it effects this purpose by its quality of dissolving saline matters, and holding in temporary suspension those which are insoluble. There are, however, certain substances for which water has a natural repulsion, and over which it consequently exerts no influence until assisted by a chemical

power. These substances are oily matters of all kinds, and the skin, as we have seen, is abundantly provided with an unctuous secretion. The chemical power which is called into use for the subjecting of the oil is *soap*; soap renders the unctuous product of the skin freely miscible with water, and hence is an invaluable agent for purifying the skin. I am aware that certain substances, termed 'wash-powders,' are occasionally used as substitutes for soap; they are rubbed on the skin with the hands, and act in the same manner that crumbs of bread do upon a chalk drawing. But draughtsmen well know that they cannot remove the chalk which has entered the crevices of the paper, nor can they, indeed, restore the surface to its original whiteness and purity. Neither can wash powders follow the innumerable apertures of the skin, nor enter the mouths of the pores otherwise than to obstruct them. A skin cleaned in this manner may always be detected by a certain kind of shining, not to say greasy, polish, and the whole complexion looks mellowed into a kind of *tone*, as we say of pictures, in which dirt and time have softened and matured the tints. Soap is accused of being irritative to the skin, but this is an obvious injustice done to soap, *for soap never irritates the delicate skin of infants*. Depend upon it, that when soap does cause irritation, the error is in the condition of the complainant, and betokens either an improper neglect of its use, or a state of susceptibility of the skin verging on disease of that membrane. The use

of soap is certainly calculated to preserve the skin in health, to maintain its complexion and tone, and prevent it from falling into wrinkles ; and if any unpleasant sensations are felt after its use, they may be immediately removed by rinsing the surface with water slightly acidulated with lemon-juice."

The best soap we can recommend is PACKER'S ALL-HEALING PINE TAR SOAP. It is unsurpassed for the adult's toilet, bath, scalp diseases, and all eruptions of the skin. In the case of very young children, and during their infancy, while the skin is tender and sensitive in the highest degree, it rarely fails to prevent cutaneous eruptions, chafing, etc. As a cleansing and deodorizing wash for wounds and old sores, it is much superior to any other soap. We may also state that the *Tar Soap* is a very valuable remedy for those cutaneous disorders which so frequently disfigure and destroy what might otherwise be cloudless beauty. It is of no use to attempt to disguise such impairments by covering them over with cosmetics. The *Tar Soap* removes them and establishes in their stead that healthful, brilliant, natural cuticle, which must be the basis of all beautiful complexions. (See *Formula No. 56.*)

The opinion that the warm bath is relaxing is erroneous. It is only so when persons remain in it too long, or take it too often. As a rule, fifteen to twenty minutes is a sufficiently long space of time to indulge in it ; and the best part of the day



is either immediately before retiring to rest, or before dressing in the morning; preferably the first, as a night of refreshing sleep is almost sure to follow it. Neither this, nor any other bath, should be taken on a full stomach, nor soon after a meal. It is better to allow a couple of hours to elapse before doing so. Nor are those who indulge in a warm bath more liable to take cold than others. On the contrary, they are less so, unless they wilfully expose themselves, insufficiently clad (particularly about the neck and chest), to draught or cold air.

The warm bath and the tepid bath are adapted to every age of life. The first is particularly congenial to the young, the delicate, and those declining in years. By means of it these last can often not only retard the effects of time upon them and prolong their lives, but preserve to themselves the faculties and personal feelings and enjoyments of their former years to a ripe old age.

It may be useful to the reader to know the ranges of the temperature of water appropriate to the respective baths. These are given in the following table:

#### TEMPERATURE, FAHRENHEIT.

NAME.	RANGE.	COMMON AVERAGE.
Cold bath... ..	33° to 75.....	50° to 55
Temperate bath...75	" 82.....	78 " 80
Tepid bath.....82	" 90.....	85 " 86
Warm bath.....90	" 98.....	93 " 94
Hot bath.. .....	98 " 112.....	105 " 106

## CHAPTER XXIII.

### COSMETICS.

*(From the Greek κοσμεῖν, to embellish.)*

BY the word “cosmetics,” we understand the art of cultivating, developing, and preserving the beauty of the person, and, in a wider sense, the art of correcting its defects and concealing any natural or accidental imperfections; in short, to hide plainness beneath an attractive mask and impart to homeliness the appearance of beauty.

This art, skilfully practised, renders the skin supple, gives firmness to the flesh, regularity to the features, and relief to the outlines; it softens the curves and adorns the human form with those delicious attractions which the ancients have deified in the lovely form of Venus.

The origin of this art is lost in the darkness of ages; for both sexes, of all times and of all countries, have regarded beauty as a gift from heaven, a sweet reflex of divine perfection. It was not long ere woman learned the power of beauty as a means of conquering and enslaving the stronger sex, and learned also, but too soon, that her power ended with the loss of her charms. Consequently, what efforts did she not make to obtain from art

and science the precious talisman which should preserve her beauty! Her efforts were rewarded, for if we believe the legends of antiquity, the children of Esculapius devoted themselves to its discovery, and succeeded in finding it.

According to the accounts that have come down to us, the cosmetic art of those distant periods possessed marvellous secrets — to whiten dark skins, restore freshness to the faded complexion, the perfect roundness to the withered bosom, to embellish the features, give graceful curve and outline to the limbs and to the whole human form, that perfection of form which we so admire in the ancient statues—all this was, say they, easy. May we not, however, suspect a little exaggeration in this, and accept the account "*cum grano salis*." The ancients were eminently poetical, and we all know that poetry has considerable license to amplify and adorn the subjects it takes in hand. According to them, their gods and goddesses often came on earth, and did not consider it derogatory to fall in love with mortals. We are told that Venus gave some celestial toilet-water to Adonis and to Phaon, two young Greeks, who, after rubbing themselves with it, became the handsomest men of their time. All of us have heard of the miraculous qualities attributed to the Fountain of Jouvence. We cannot accept these stories literally, but may allow that there is a grain of truth in these fables of mythology.

The *cosmetic art* was always widely cultivated

by the Orientals, who considered beauty as a gift from heaven ; but it was in classic Greece that physical beauty obtained its greatest triumphs and received the most brilliant adoration. Ancient history is full of the names of beauties immortalized on account of their charms.

It must not be thought that the practice of the art of embellishing was, with the ancients, entrusted to unskilled hands, as is too frequently done in modern times. Numerous historical documents give undeniable proof that, with the Greeks and Romans, several very eminent physicians did not think it beneath them, or unworthy of their serious studies, to give their attention to *cosmetic*. Their labors and consequent discoveries gave great impulse to the art, and rendered great service to the fair sex in particular. Among these physicians we will mention : Theophrastes, Criton, Herodicus, Aristæus, Dioscorides, Musa, Celsus, Galen, etc. ; and among the ladies : Medea, Aspasia, and Cleopatra wrote several treatises on *cosmetics*, which, it is to be regretted, have not come down to us.

From all these accounts, more or less true or exaggerated, we have good grounds for supposing that *cosmetics* was not with the ancients a vain and idle art. Cultivated by the disciples of Hippocrates, the art was closely connected with that of medicine, which healed the diseases of the skin ; to orthopædy, which cures and straightens errors of form ; and to hygiene, which prevents sickness and cures disease. We venture to say, and think

that the majority of people will agree with us, that, as we are grateful to the physician who restores us to health, we should be equally so to the professor of the cosmetic art, who prevents ugliness and restores deteriorated beauty.

Two reasons may be given why, in this age of such immense progress, the art of cosmetic has remained behind other branches of art. The first of these is the indifference of scientists, who consider beneath them works shared in by the trader and the charlatan, and the second is the ignorance of medical chemistry on the part of the inventors and makers of the secrets of the toilet. There can be no doubt that if cosmetics had been the object of serious study, the art would have progressed like the sister arts of *materia medica* and orthopædy have done, and would have obtained positive results.

At the present time, when all branches of science tend to be localized, that is, when each special branch occupies the entire attention of some savant who devotes himself to its study and improvement, it is much to be regretted that cosmetic does not find its specialists.

Since there are oculists, dentists, orthopædists, etc., etc., why should there not be cosmetists? Every practitioner takes charge of some specialty—one treating exclusively the diseases of the chest, another the diseases of the stomach, another of the skin, etc. Why should there not be properly qualified practitioners, who would devote themselves

exclusively to the treatment of the deformities of the features, imperfections of form of figure, of color; to correct awkward and ungraceful gestures and movemēnts; in one word, to contend against ugliness, and to replace it by grace and beauty? It would be a noble mission, and the man of science who would devote his time and his knowledge to embellish and beautify his fellow-creatures would certainly be more than rewarded as to fortune and renown.

Let us hope that the day is not far distant when cosmetics, like medicine, will have its practitioners and its formulary.

The name of "cosmetics," generally confined by the trade to a few of the secrets of the toilet, really belongs to all preparations of a nature to entertain the beauty of the body; above all, that of the face, and to preserve it from the injuries of time, that pitiless destroyer who each day carries off some portion of the charms.

Good cosmetics should be sought after, not only by ladies afflicted with any cutaneous defect, but also by every one, in order to retain as long as possible the freshness and suppleness of the skin, and to preserve the attractions of youth, that fly from us, alas! but too rapidly.

But beware! Caution and discrimination are more than ever necessary here; a crowd of charlatans are always on the watch to take advantage of this irresistible desire of women to appear young and beautiful. They offer, at high prices, com-

pounds guaranteed to meet every case, and of which the pretty label and attractive way of putting up materially assist to deceive feminine credulity, and convince them that they really do acquire by their purchase the power of rendering homely women beautiful and old women young.

Unfortunately for persons of a confiding and credulous nature, these cosmetics, whose composition is unknown, produce almost always an effect diametrically opposite to the one expected, and victimize the unfortunate who put faith in them. The majority of these "treasures of beauty" are composed of injurious substances, such as lead, bismuth, mercury, arsenic, lime, potash, nitrate of silver, nitric and sulphuric acids, etc., etc.

The preparations into whose composition these substances enter are most frequently dangerous; they very often arrest the cutaneous secretions, drive back the humors that nature seeks to eliminate by the pores of the skin, and give rise to disorders and diseases which it is sometimes very difficult to cure. Physicians speak of them as giving rise to very serious absorptions, and sometimes to cases of poisoning. The victims of these dangerous cosmetics find out, when it is too late, that, far from recovering its pristine bloom, their skin becomes dry and of a leaden hue; the wrinkles, which seemed for a short time to have vanished, reappear deeper than before, the eyes get inflamed, the lips have a faded look, the skin assumes a livid hue, the teeth decay, and the breath is fetid from

a general caries. These signs may all be observed in great capitals, in the centres of civilization, of quackery and vanity, and it is far from uncommon to notice *Aspasias* prematurely wrinkled, *Lais* with red and swollen eyelids, *Phrynes* half bald, and toothless *Ninons*.

The physician *Bacher*, who has so energetically thundered against cosmetics with metallic bases, gives some frightful examples of diseases that have been caused by their use — convulsive tremblings, palpitations, syncopes, incurable tetters, abundant salivation, loss of the teeth, ulceration of the gums and decay of the jaw-bones, breath of a most offensive smell, dropsy, jaundice, etc., etc. ; finally, entire deterioration of the whole system, poisoning, and a cruel death !

This doctor mentions the case of a lady of wealth and fashion who was in the habit of covering her face, arms, and neck with a cosmetic having white lead for its base, and on this would paint the course of the veins, the better to deceive the eye.

This unfortunate victim of ignorance and vanity suffered at first from a fetid salivation, lost her teeth soon after, and died of dropsy, with a general congestion of the abdominal viscera.

At the present day, more perhaps than in the time of *Bacher*, a number of poisonous substances have passed from the druggist's laboratory into that of the perfumer. Thus the majority of the pomades to prevent the falling of the hair, and to



invigorate its growth, contain cantharides in considerable quantities. Certain cold creams for beautifying the skin and removing pimples, redness, blotches, etc., conceal *bi-chlorine of mercury* or *arsenate of potash* in their composition. The greater number of waters, lotions, elixirs, etc., for the removal of sunburns, freckles, carbuncles, etc., hold in solution either cyanure of potassium or *corrosive sublimate*, two terrible poisons! . . . These dangerous substances, which should never be used but by the special prescription of a physician, or made up by others than chemists and druggists, may occasion the most serious accidents.

But let it be most thoroughly understood that what we say here, is not by any means to be applied to *all* cosmetics indiscriminately. There exists many whose materials are entirely innocuous, and which render great services to beauty. Of these are the preparations which we recommend in these pages. All of them have been submitted to the strictest analysis, and proved to be composed of nothing but the most wholesome ingredients, compounded by men of experience, according to the prescriptions of skilled chemists.

A cosmetic, to be thoroughly good and safe, must be based on a physiological knowledge of the skin. All that are otherwise, should be at once rejected as dangerous.

We have already said, that the human skin can be generally divided into two categories — *oily skins* and *dry skins*; now, substances that suit the one

will not suit the other. This is so clear as to require no demonstration.

The art of cosmetics, based on the physiology of the organ of the skin, recognizes three classes of the articles of which it treats.

**THE FIRST CLASS.**—This includes all waters, liqueurs, oils, fats, pastes, powders, and other simple substances which have not suffered any chemical combination. Thus spring or river water, at various degrees of temperature, cold, tepid, or warm, either plain or with the addition of gelatinous, emollient, aromatic, or other substances; the juice of melons, cucumbers, of green barley, and of other vegetable products; powders, almond pastes; baths of bran, of milk; infusions and decoctions of mucilaginous plants; distilled waters of roses, of plantain, of bean flowers, of orange flowers, and the “bloom of youth,” the “Packer’s Pine Tar Soap,” and others which cannot possibly injure the skin or impair its action, are the only cosmetics suitable to persons whose skin is perfectly healthy. But when the skin has lost its brilliancy, its freshness, and its suppleness, either by the action of heat or cold, or in consequence of some internal or external sickness, it becomes sometimes necessary to have recourse to the next class.

**THE SECOND CLASS.**—This comprises: first, the cosmetics of the first class which have undergone some preparation, some combination between themselves or with other substances, such as waters, compound liquids, aromatic emulsions, etc.; sec-

only, macerations, infusions, decoctions, incorporations and distillations of several combined substances, acting with more or less rigor upon the skin; waters, liquids, and pomades, in which are mixed, dissolved, or incorporated salts, rosins, extracts, essences, or any other substances having exciting, tonic, astringent, or deterative qualities.

These cosmetics are more generally used by persons past the first bloom of youth, and of lymphatic temperament, in order to contract, vivify, and give tone to several organs which have lost their original freshness. But caution here becomes necessary; for, while their use in moderation is beneficial, their abuse is always injurious. A temporary tone and a contraction of short duration may be followed by relaxation and flaccidness; for the greater number of preparations which contain metallic salts, and above all acids, dry up the skin, attack its secreting and excreting functions, tan and harden it, and give it in a short time the yellow tinge of age. Persons who are desirous of preserving the freshness of their complexions should proscribe these preparations.

**THE THIRD CLASS.**—Cosmetics of this class belong to the *materia medica*, and their preparation is the business of the pharmacist. They are generally salts, dangerous substances, which possess certainly curative powers, but whose use demands all the skill and experience of the medical man. Now, the cosmetics of this class, among which we distinguish arsenical, mercurial, coppery, antimo-

nial, leaden preparations, etc., etc., belong naturally to medicine, and cannot be included in our work, which is not written for the medical profession.

To conclude, it is said that a person well versed in the wheels and mechanism of a machine is able to direct it. By the same rule, in order to understand the action of cosmetics on the skin, and to use them properly, it is indispensable to know all its constituent parts, its admirable structure, and the functions of this membrane. We therefore again recommend our readers to peruse the chapter of this work which treats of the anatomy and of the physiology of the skin, as its study will enlighten them on the art of rational and hygienic cosmetics, and warn them against the possible dangers of traditionary recipes and the seductions of quackery.

## CHAPTER XXIV.

### HYGIENIC AND COSMETIC FORMULARY.

*Selection of Ancient and New Formulæ, Proved by Experience to be Favorable to the Preservation of the Beauty of the Skin, and of a Nature to Prevent its Deterioration.\**

WHEN the skin has suffered injury, either through the action of an ardent sun or of violent cold, or in consequence of its coming into contact with any acrid or irritating substances, and has thereby become yellow, wrinkled, reddened, sunburnt, or chapped, it is indispensable to have recourse to good cosmetics, in order to restore it to its pristine state. Without doubt nature would, if left to herself, finally free the skin from the browned epidermis, from sunburns, pimples, and accidental blotches which stain its purity; but this labor of elimination would be too long for impatient beauty, and art has stepped in to the aid of nature, and recommends in such cases a number of preparations, of which we give only the best and most efficacious.

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\* All the products mentioned in this chapter can be obtained through the Franco-American Commercial Agency, 8 Bond street, New York.

**No. 1.—Emulsive Cosmetic Water.***For Sunburn.*

Fresh Almonds..... 1 oz.

Pound in a marble mortar, adding successively:

Rose Water..... 8 oz.

Orange-Flower Water..... 8 “

When these are perfectly blended, add:

Tincture of Benzoin.....  $\frac{1}{4}$  oz.Pulverized Borax.....  $\frac{1}{8}$  “

This water will not remove sunburn, but it will soften and refresh the skin.

**No. 2.—Virginal Rice Water.**

Hulled Rice..... 2 oz.

River Water ..... 1 lb.

Boil until reduced one-third, strain and add:

Juice of Water-cresses.....  $\frac{2}{3}$  oz.

Virginal Tincture ..... 10 drops.

This water has the reputation of well cleansing the skin, and freeing it from redness and pimples. It is an old formula, of which many ladies speak highly, but we do not guarantee its efficacy, as the *Virginal tincture* is only a solution of gum benjamin in alcohol, which cannot be but injurious to the skin.

**No. 3.—Callidermic Lotion.**

*To Refresh the Complexion and Free it from Pimples and  
Floury Eruptions.*

This lotion consists of two bottles; the liquid produced by the mingling of the two possesses the virtues stated in its name.

## FIRST BOTTLE (White).

Iodurated Iodine.....	2 parts.
Aqueous Solution of Hyposulphite of Soda..	1 part.

## SECOND BOTTLE (Yellow).

Liquid Sulphide of Potassium.....	1 part.
Distilled Water.....	6 parts.
Essence of Lemon in sufficient quantity to perfume it.	

These preparations require filtering several times. Persons who have not the requisite vessels for operating, will do well to purchase this lotion ready made.

*Mode of Use.*—Half fill a small china bowl with the liquid in bottle No. 1. Then add one or two spoonfuls of the contents of No. 2, and the result will be a yellowish sulpho-iodurated milk, excellent to cleanse the skin from all pimples and eruptions. Bathe the face and do not wipe it, and repeat the bathing every few seconds for some time. It can also be applied by imbibing with it a cloth folded several times and laying it on the skin. It is an excellent way to refresh, cleanse, and soften it.

## No. 4.—Softening Cosmetic Water.

Roots of Marsh-Mallows.....	2 oz.
White Bread Crumb.....	1 “
Water .....	1 quart.

Boil until reduced one-third, strain through a cloth, and add:

Yolk of Eggs.....	1 oz.
Fresh Cream.....	$\frac{1}{8}$ “

Whip the whole for five minutes, and perfume with a few drops of Tolu balsam.

This water must be prepared the same day on which it is to be used. It has the virtue of moistening and rendering supple dry skins, and to restore bloom and freshness to faded complexions. The face should be washed with it three or four times a day; and to obtain a more effectual result, it is well to dip some pieces of fine linen in the water and apply them to the face before retiring to rest.

#### No. 5. — Balmy Water.

Crushed Strawberries.....	2 lbs.
do. Raspberries.....	1 “
Milk.....	$\frac{1}{2}$ “
Pulverized Benzoin.....	31 grains.

Distill in the water bath.

This water is a good cosmetic, which refreshes and perfumes the skin.

#### No. 6. — Tar Water.

Purified Tar.....	2 oz.
Water .....	1 quart.

Put the tar in a glazed pot; pour in the water and stir it round several times a day with a spatula, or a small stick. Continue doing so for eight days, when the water will have acquired the desired detergative qualities. Some people add the juice of a lemon.

Tar water is, it is said, a good preservative against itch, superficial herpes, and other cutaneous efflorescences. (For Tar Soap, see Formula 57.)



**No. 7.—Hydrolat of Beans.**

*To Remove the Effects of Heat from the Face, and to Refresh the Skin.*

Bean Flowers.....	1 lb.
Rose Leaves.....	7 oz.
Spring Water.....	1 quart.

Distil in the water-bath until about a pint of liquid is produced, and then add the distilled produce of the juice of two lemons, and perfume to taste with essence of bergamotte. Pour the mixture into a bottle, cork closely, and put aside for future use. To use it, dip a fine linen cloth into the mixture, and place it on the face every evening. In about seven or eight days the red blotches will have considerably decreased in intensity of color.

**No. 8.—Hydrolat of Honey.**

White Honey .....	1 lb.
Benzoin .....	$\frac{1}{16}$ oz.
Pulverized Borax.....	$\frac{1}{8}$ “

Distil in the water-bath, and it will give a clear, limpid water that may be considered as the quintessence of flowers, inhaled by the bees to make their honey. This water, it is said, gives great brilliancy to the complexion.

**No. 9.—Virginal Milks.**

The tinctures sold by perfumers under the name of virginal milks should be avoided as not only injurious to the skin, but as being also dangerous. They are generally composed of salts of lead, or

of resins, dissolved in alcohol. Salts of lead dry up and tan the skin; resins are liable to penetrate the pores and choke the excreting conduits, thus causing several cutaneous diseases. This simple statement will show the dangers incurred by using these milks. The milk, or rather the emulsion, according to the following formula, is the only one we can recommend to all persons careful of the freshness of their complexions:

Sweet Almonds.....	1 oz.
Bitter Almonds.....	$\frac{1}{3}$ “
Rose Water.....	6 “

Make an emulsion of these *secundem artem*, and add:

Benzoate of Soda .....15 grains.

#### No. 10.—Milk of Hebe (*Lait d' Hébé*).

To take the place of the virginal milks, which, as we have before said, are always injurious, we give the following formula, which is not yet known to the world, and which is without doubt one of the best cosmetics that can be used. It softens the epidermis and impregnates it with a most delicious perfume.

This preparation, which can be made at home, gives very curious results.

#### PREPARATION.

White Curd Soap.....	$\frac{1}{2}$ lb.
Water .....	1 pint.

Melt the soap in the water in a stew-pan, on a

slow fire, adding a little carbonate of potash to assist the operation, and, when thoroughly melted, throw upon the mass as much *sulphate of magnesia* as is needful to coagulate the soap which is at the top. Strain the whole through a sieve or cloth, and there will remain a clotted mass, which is magnesian soap. After letting it drain thoroughly, throw it into a marble mortar and beat it, adding slowly alcohol at 33°, and continue stirring with the pestle until about one quart of alcohol has been poured in. Add

Fresh Castor-Oil..... 1 oz.

Stir quickly to well incorporate the oil, and when the materials are perfectly amalgamated, filter through filtering paper. After this first filtration, add :

Benzoic Acid.....	$\frac{1}{2}$ oz.
Essence of Badiane.....	$\frac{1}{2}$ “
“ “ Carvi ..	$\frac{1}{6}$ “
“ “ Verbena ..	$\frac{1}{6}$ “
“ “ Lemon.....	$\frac{1}{3}$ “
“ “ White Thyme.....	$\frac{1}{6}$ “
Tincture of Tolu Balsam.....	$\frac{1}{3}$ “

Stir thoroughly to incorporate, and then filter again. It is needful, sometimes, to filter several times, until the liquid is perfectly clear and limpid.

*Mode of Use.*—Pour into a glass, bowl, or basin of water a spoonful of the *Milk of Hebe*, and the result will be a soft, unctuous, creamy liquid, which imparts suppleness to the skin, and also, after a few

days of its use, all the brilliancy of which it is susceptible.

**TOILET VINEGARS.** — All toilet vinegars are, as a rule, injurious to the skin, and should, for that reason, be banished from ladies' toilet-tables. These vinegars have for a long time enjoyed a great reputation, for the reason that no one has hitherto taken the trouble to note their effects upon the cutaneous organ, and consist of an alcoholic solution of resins, with the addition of acetic acid. We have already shown the injury caused to the skin by resins, and physiologists and hygienist doctors all agree that the effect of acids on the skin is to harden it and render it liable to chapping. Our own experience has shown us that the only good *dermophiles* are: for oily skins, the *milk of hebe*; for dry skins, the *snow-cream*; the *callidermic lotion* for skins affected with redness, pimples, and other surface eruptions; and *Packer's Tar Soap*, which, besides being excellent for the toilet, possesses great curative power, and is a remedy equally simple and reliable.

In spite of our objections to vinegars, we give here a formula of one very aromatic and less injurious than the others, and which can be very advantageously used to sprinkle rooms in order to purify them.

**No. 11. — Acetic Tincture, or Toilet Vinegar.**

Alcohol @ 33°.....	2 lbs.
Eau de Cologne.....	1 lb.
Tincture of Tolu Balsam .....	3 oz.
“ “ Benzoin.....	1½ “
Essential Oil of Lavender.....	1 “
“ “ “ Cloves .....	⅓ “
“ “ “ Cinnamon.....	⅓ “

When the essential oils are dissolved in the alcohol, add :

Acetic Acid..... 9 oz.

If it is wished that the acid flavor predominate, add a little more acid.

Color can be given by means of orchella root.

**COSMETIC PASTES.** — There are in existence a great number of these pastes for cleaning the skin, and nearly all composed of the same materials — almond meal, honey, oil, and soap. These pastes are generally defective, for the reason that if they cleanse the skin it is due to the potash and soda they contain ; but they do not soften it. If, on the contrary, they do soften the skin through excess of oil, they do not cleanse it.

We will first give the best formula of the most celebrated pastes, and will then come to the most perfect of all, the *callidermic paste*, which takes its name from the qualities it possesses of embellishing the skin.

**No. 12. — Paste for the Complexion.**

Flour of Barley....	5 oz.
White Honey.....	1 “
White of Egg.....	⅓ “

Beat the whole together so as to form a paste of about the consistency of honey, and perfume it with a few drops of orange-flower water. Apply this to the face on going to bed, and leave it on until the next morning, when it can be removed by the help of warm water. This preparation is much used, it is said, by the Venetian ladies to obtain brilliancy of complexion. It resembles closely the mask of the ladies of ancient Rome.

### No. 13. — Transparent Paste.

Jelly of Starch.....	5 oz.
Castor-Oil.....	6 “
Potash Soap.....	6 “
Alcohol.....	12 “

This preparation is bad on account of the quantity of alcohol used to dissolve the fatty bodies, and render them transparent; it hardens the epidermis. Our motive in giving it here is to warn our fair readers against such preparations.

### No. 14. — Paste of Almonds and Honey.

*To Soften and Whiten the Hands.*

Meal of Bitter Almonds.....	1 lb.
Oil of Sweet Almonds.....	2 “
Honey.....	2 “
Yolk of Eggs .....	$\frac{1}{3}$ oz.

Melt the honey separately, pour the almond meal into it and knead it together with the yolk of egg, and knead it again, after adding the oil of almonds, until a firm paste is produced. This paste softens the hands, but does not cleanse them.

**No. 15. — Horse-Chestnut Meal Paste.**

Same formula as the preceding, only changing the almond meal for meal of horse-chestnuts, and the yolk of egg for four ounces of soap.

**No. 16. — Strawberry Paste.**

*To Refresh the Complexion and Perfume the Skin.*

Fresh Strawberries. ....	$\frac{1}{4}$ lb.
Gum Tragacanth.....	$\frac{1}{8}$ oz.
Powder of Violets.....	$\frac{1}{8}$ “

Crush the strawberries, mix and stir them up with a sufficient quantity of rose-water to form a half liquid paste, which apply to the face at night, and wash off next morning with tepid water. This operation repeated for three successive nights will remove sunburn and heat of the skin.

**No. 17. — Callidermic Paste.**

*For Softening, Refreshing, Embellishing, and Perfectly Cleaning the Skin.*

This paste is one of the best of all cosmetics, and unites the three qualities that should belong to every good toilet cosmetic: 1, cleansing perfectly the epidermis without hardening or irritating it; 2, polishing and whitening it; 3, giving it that exquisite velvety bloom which is to the skin what perfume is to flowers.

As this preparation requires a large apparatus and a great deal of skill to make, besides consisting of many very delicate ingredients that need the

handling of a skilled operator, we will not here give the formula.

We therefore recommend our readers to buy it ready-made, as it would be almost impossible for an ordinary person to make it up themselves in a satisfactory manner.

### No. 18.—Detersive Paste.

*For Effacing Black Specks from the Face, and Perfectly  
Cleansing the Skin.*

The detersive qualities of this most excellent paste are very remarkable: it cleans the skin from all stains and impurity; dissolves the little black pimples and contracts the sebaceous ducts that give rise to them; it polishes the epidermis, and gives it a lustre unattainable with any other cosmetic. As its composition is the special property of its inventor, we are not allowed to give the formula of this preparation.

### No. 19.—Callidermic White.

*The Only One which is Not Injurious to the Skin.*

All the whites for the complexion known, under whatever name or title the perfumer may endow them with, are simply two: ordinary white (carbonate of lead) and pearl white (sub-nitrate of bismuth). These two metallic salts are the most dangerous enemies of the skin, and are liable to cause, by their absorption, very serious injury to the health. Under their action the countenance fades, takes a leaden hue, and becomes covered with



little black specks. These whites have the further disadvantage of turning black when brought into contact with sulphurous emanations. The callidermic white, free from lead, bismuth, tin, sulphate of barytes, etc., etc., far from being hurtful to the skin, is, on the contrary, most favorable to it, as it possesses the power of cleansing and softening it, and is, moreover, not liable to change of color.

The callidermic white is made with silica in impalpable powder, filtered talc, and a white earth called *leucodermic*, that is, whitening the epidermis.

#### No. 20.—Callidermic Powder.

Fresh Rye-flour.....	5 oz.
Powder of Marsh-Mallows.....	2 “
“ “ Violets.....	2 “
“ “ Dextrine.....	$\frac{1}{2}$ “

Mix thoroughly, so as to make a homogeneous powder.

We have already said that the ladies of ancient Greece and Rome were in the habit of applying to their faces a mask composed of emollient substances to freshen their complexions. The same result is obtained with the callidermic powder by simply wetting it with tepid water, and applying a coating of it to the face. After it has been on five or six hours, wash it off with warm water, and bathe the face with cold water perfumed with a little Milk of Hebe. The skin will then be found to have acquired all the desired whiteness and softness.

**No. 21.—Composite Powder.***To Whiten and Soften the Hands.*

Flour of Blanched Almonds .....	1 lb.
“ “ Rice .....	$\frac{1}{2}$ “
“ “ Florence Orris Root.. .....	$1\frac{1}{2}$ oz.
Soap Powder.....	$1\frac{1}{2}$ “

Mix and pulverize all these materials, which perfume with about twenty drops of any essential oil preferred.

This powder, moistened with a little water, is used to soften and whiten the hands; but is not equal in its results to the *Callidermic paste* given above, and to the *Pine Tar Soap*, given under No. 56.

**No. 22. — Circassian Cosmetic.**

Cut a lemon in two equal parts, take out the inside and turn the skin inside out. Keep it for one night in a cool place, and next morning beat up the yolk of an egg and pour it into the lemon rinds. The essential oil of the lemon, combining with the yolk of egg, forms, it is said, an excellent cosmetic for softening and cleansing the skin, and removing freckles.

**No. 23.—Camphor Ointment.***To Remove Stains from the Face.*

Camphor .....	$\frac{1}{4}$ oz.
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Grind it in a mortar with a few drops of alcohol, add the juice of a lemon and a sufficient quantity of honey. Beat up the whole so as to form a half liquid paste.

First wash the face with *Packer's Tar Soap*, and when it is thoroughly clean and dry, apply to the skin a coating of this ointment, which suffer to dry.

The application must be renewed for several days in succession. The effect of this preparation is scarcely up to our expectations. On the contrary, it has often happened that the delicate skin of several ladies has been irritated by the acid of the lemon.

#### No. 24. — Lotion to Remove Freckles.

Borate of Soda.....	3 grains.
Rose Water.....	$\frac{2}{3}$ oz.
Orange Flower Water.....	$\frac{2}{3}$ “

Put up *secundem artem*.

This formula, taken from Bouchardat's Pharmacy, is not injurious to the skin; but is of no real use against freckles, which cannot be deprived of their color, as we have already shown in the article of this work treating of pigmentary stains. There is but one way of destroying these spots, and that is by using the water to which we have given the following name:

#### No. 25. — Iodurated Chemical Water.

*For Lentigo and Pigmentary Spots.*

Iodine.....	$\frac{1}{2}$ oz.
Iodure of Potassium.....	$\frac{1}{2}$ “
Dissolve in $2\frac{1}{2}$ oz. distilled water.	

Touch the spots with a camel's-hair pencil dipped in this solution, which is slightly caustic.

This water is also a good remedy for furfuraceous herpes.

### No. 26. — Sulfo-iodized Lotion.

*A Sovereign Remedy for Freckles and Herpes.*

Iodurated-iodite ..... 1 oz.

Sulphite of Potassium.....  $\frac{1}{2}$  "

Mix the two liquids, which will become white and of a clouded appearance, depositing a sediment. Filter several times, until the liquid becomes of a clear yellow in color.

Touch the freckles or herpes with a pencil dipped in the mixture; it is very rare that a cure does not follow in a few days.

**POMADES.** — Originally, pomatum, or pomade, was a fragrant unguent or ointment in the composition of which, as the name implies (Lat. *pomum*, an apple), apples entered as an essential and characteristic ingredient. Old authors describe it as a soft ointment prepared of apples, lard, and rose-water. The term has, however, long lost its original signification, and in England and this country is applied to any solid, greasy substance used in dressing the hair. In France, besides the "pomatums" of the English perfumers, it embraces the scented fats employed in preparing extracts and to impart fragrance to other preparations, and various compounds of a corresponding nature used as skin-cosmetics.

The goodness of a pomade depends on the purity and selection of its component parts, and on the mode of its preparation. Pomades that have been

melted or made over a fire are bad and liable to quick deterioration; those made by beating in a mortar are the best and will keep for some time.

### No. 27.—Trikophile Pomade.

*Excellent for the Hair.*

Purified Veal Fat, entirely free from odor..	6 oz.
Spermaceti.....	2½ “
Juice of Lemon or Verjuice.....	4 “
Pippin Apples.....	1 dr.
Unskimmed Milk.....	2 oz.
Virgin Wax.....	10 drs.
Alcoholic Extract of Cinchona.....	7½ “
Oil of Sweet Almonds.....	9 oz.

Perfume to taste. Make into a pomade *secundem artem*.

### No. 28.—Ferruginous Pomade.

*Anti-Calvitic Tonic.*

Possessing the double virtue of arresting the fall of the hair and preventing its turning gray.

Snow-Cream.....	11 oz.
Fresh Flower Pomade.....	5 “
Strong solution of Tannin.....	1 “
“ “ “ Sulphate of Iron..	5 drs.

This pomade must be beaten up in an iron mortar. Add the sulphate of iron after the fatty substances are well triturated, and the tannin last of all. Beat up until the whole mass has assumed a dark blue color.

**CREAM CERATES.**—*To Nourish and Soften the Skin.*—These pomades are made of spermaceti and oil of sweet almonds, and have been adorned by perfumers with many names, such as *cream of sul-*

*tanais, cold cream, serkis, etc., etc.* They are really all the same, only varying in odor. We give here the general composition.

### No. 29.—Cold Cream.

Oil of Sweet Almonds.....	5 oz.
Spermaceti.....	1 “
White Wax.....	$\frac{1}{2}$ “
Rose Water.....	1 “
Tincture of Benzoin.....	$\frac{1}{2}$ drachm.

Melt the wax and the spermaceti in the bain-marie, and pour them together into a marble mortar and let them set; then pound them up with a wooden pestle until they are entirely free from lumps, and pour in slowly the rose water, and beat until it is thoroughly incorporated. Finally add the tincture of benzoin and beat again. The more this cerate is beaten the whiter it becomes, and to be quite perfect must resemble cream in appearance.

This preparation possesses very softening qualities, and calms any irritation of the skin, renders it supple, polishes the epidermis, and is peculiarly suitable to dry skins.

All the preparations known as *Pomade of the Sultanas, Circassian Cream, Dew of Spring, etc.*, are composed of the same substances, and only vary in their perfume.

All preparations containing salts of lead, of zinc, of tartar, of potash, etc., etc., as do so many offered for sale by perfumers, are dangerous for a healthy skin, and should not be allowed on the toilet table.

**No. 30. — Cucumber Pomade.***Considered Excellent for Softening the Skin.*

Fresh Lard.....	8 oz.
Cucumber .....	1 lb.
Ripe Melon.....	1 “
Lemon Juice or Verjuice.....	4 oz.
Pippin Apples.....	1 drachm.
Unskimmed Milk.....	2 oz.

Remove the rinds and the seeds from the melons and cucumbers, cut them into small pieces, and put the whole of the above materials in a cucurbit, and warm them for five hours by means of the water-bath; then strain off the pomade through a fine sieve and let it cool.

Several druggists melt the pomade and strain it a second time to render it more light and unctuous. It is then run into pots and hermetically closed. It must be kept in a cool place.

This cosmetic enjoys a high reputation, but it must absolutely be used while perfectly fresh. It will be easily understood that the vegetable substances and the milk which enter into its composition are sure to ferment and spoil in the course of a few days, and the pomade to become thereby injurious to the skin.

We will here remark that the greater number of pomades sold by druggists and perfumers, under the name of cucumber pomade, are nothing but cold cream, to which a little dextrine is added to give it the odor of cucumbers. This is a hint to the ladies.

**No. 31. — Pomade Rosat, or Lip Salve***For Cracked or Chapped Lips, Hands, and Breast.*

Oil of Sweet Almonds.....	2 oz.
White Wax .....	3 drachms.
Spermaceti .....	5 “
Orkanet Root (tied up in a cloth).....	5 “

Melt slowly in the bain-marie until melted, pour into a mortar, stir with the pestle, and add :

Rose Water.....	5 drachms.
Sulphate of Zinc .....	2½ “

The sulphate of zinc must first be dissolved in the rose water.

Beat up the mixture smartly until the water is thoroughly incorporated ; perfume with a few drops of rose water and run into pots for future use.

Use this pomade several times a day to anoint the cracked or chapped places, and a cure will rapidly follow.

**No. 32.— Pomade and Lotion.***To Prevent the Hair Falling Off.*

See article on the Hygiene of the Hair.

**No. 33.— Cream of Cacao Pomade.***To Nourish and Soften Dry Skins, and Allay Heat of the Complexion.*

Spermaceti.....	½ oz.
White Wax. ....	¼ “
Oil of Sweet Almonds. ....	2½ “
Cacao Butter.....	½ “

Melt in the bain-marie or over a slow fire, and



pour the mass into a marble mortar. When cold, beat it well until smooth, and add

Powder of Violets..... 3 drachms.

Stir well with the pestle to incorporate this last, and perfume with a few drops of tincture of amber.

### No. 34.— Snow-Cream.

The *snow-cream* is infinitely superior to all cosmetics known, even to the celebrated cucumber pomade, of which we have given the composition above. We guarantee it to be above all others — softening, unctuous, and refreshing.

The *snow-cream* not only cures all irritations of the skin, but it also refreshes and purifies it, and protects it from all injurious influences. It may be used with advantage, instead of rose pomade, in cases of chapping of the lips, hands, or breasts. It is a sovereign remedy in cases of cutaneous irritations.

### No. 35.— Pomade for Chilblains.

The most simple remedies are the most natural and the most efficacious. There are in existence more than a hundred waters, lotions, or ointments for the cure of chilblains, but very few of the whole number are worth anything.

The formula that we give below has never been known to fail when properly used.

Snow-Cream..... 1 oz.

Gallic Acid.....  $\frac{1}{2}$  drachm.

Dissolve the gallic acid in a sufficient quantity of rose-water, and incorporate the solution with the snow-cream, by trituration and beating it in a marble mortar, and add

Tincture of Tolu Balsam..... 3 drops.

Beat up anew, and when the mass has become a semi-consistent, smooth paste, pour off into pots.

*Mode of Use.*—Turn a pair of kid gloves inside out, and coat the wrong side with a thick layer of this ointment; turn the gloves back again, and put them on. Wear these gloves for three days, being careful not to remove them. By the fourth day, if all pain and irritation have disappeared, exchange these gloves for kid gloves that have not been anointed with the pomade. These it is necessary to wear until the seventh day, to protect the hands from cold. The cure will be then found to be complete.

### No. 36.—Astringent Pomade.

Snow-Cream.....	1 oz.
Tannin.....	1 drachm.
Sulphate of Zinc.....	1 “
Rose Water.....	5 “

To be used in certain cases of relaxation of the organs.

### No. 37.—Stimulating Pomade.

Red Pepper, in very fine powder.....	2 drachms.
Plain Cerate.....	8 “
Essences of Cloves and Cinnamon. ....	6 drops.

Good for cases of atony of the lips, nipples, etc.

**No. 38.—Aromatic Tincture.**

*Excellent when used in Frictions, to give Tone to the Skin in Cases of Atony.*

Best Cinnamon, broken up fine...	10 drachms.
Pepper, in pods, “ “ “ ...	5 “
Cardamom.....	8 “
Powder of Cinchona.....	3 “
Aromatic Powders.....	2 oz.
Alcohol @ 44°.....	16 “

Let these digest for a fortnight; pass by pressure and filter. Keep the tincture in a closely stoppered bottle.

This tincture can be advantageously used instead of *arnica* in cases of bruises, sprains, etc.

**No. 39.—Balsamic Tincture.**

*Excellent Tonic for Pale, Wan-looking Gums.*

Catechu.....	1 oz.
Myrrh.....	1 “
Peruvian Balsam.....	2 drachms.
Spirit of Cochlearia.....	4 oz.

Reduce the first three of these to powder and let them macerate during six days in the spirit of cochlearia; then filter.

This tincture is the best that can be used for atony and relaxation of the gums. It can be used sweetened with honey as a gargarism, putting one or two spoonfuls of the tincture in a glass of water.

**No. 40.—Mixture.***For Aphthæ of the Gums.*

The mucous membrane of the mouth and gums is sometimes the seat of small ulcerations, called aphthæ, which, when they are not the symptoms of internal malady, are easily cured by touching them with a pencil of sulphate of copper or with the following mixture :

Juice of House-Leeks.....	1 oz.
Honey of Roses.....	1 “
Sulphate of Alumina.....	20 grains.

Touch the sores several times a day with a camel's-hair pencil dipped in this mixture. The cure will be accelerated by a few astringent gargles.

**No. 41.—Tooth Powder.**

Pulverized Charcoal.....	1 oz.
Impalpable Powder of Cinchona.....	1 “
Carbonate of Magnesia .....	$\frac{1}{4}$ “

Mix thoroughly and perfume with any essence preferred. This powder is indubitably far superior to any of those offered for sale, and of which the majority contain acids or hard substances; we have already explained that acids soften and destroy the enamel of the teeth, and that hard substances wear it out by friction.

The only powder superior to this, is the following:

**No. 42. — Superior Tooth Powder.**

Pulverized Charcoal.....	1 oz.
Powder of Cinchona.....	$\frac{1}{2}$ “
“ “ Catechu.....	$\frac{1}{2}$ “
“ “ Pyrethrum.....	$\frac{1}{3}$ “
Carbonate of Magnesia.....	$\frac{1}{3}$ “

Mix by pounding in a mortar, and add a few drops of peppermint.

This powder, superior to all others, preserves the teeth from decay, prevents the formation of tartar, absorbs and destroys the objectionable odor arising from substances between the teeth, preserves the enamel, and strengthens the gums.

**No. 43.— Pain-killing Elixir.**

*The Best Remedy for Toothache.*

Every one knows what a dreadful, intolerable disease is toothache, which often continues with unabated violence for hours and even days together. Among the many remedies extolled for this evil there are a few, such as creosote, which allay the pain; but they are not always sure, and they have the disadvantage of being, either by the taste or smell, most disagreeable to many persons. It was therefore necessary to find some cure that should not have these disadvantages.

The *pain-killing elixir* fulfils all the required conditions; it arrests and cleans dental caries, cauterizes the nerve, and kills the pain almost instantaneously.

*To Use.*—Put into the decayed tooth a small

ball of cotton-wool steeped in the liquid, and the pain will cease as if by magic.

This elixir is the property of a French chemist, who has not allowed us to give the formula.

#### **No. 44.—Water for Badly Smelling Breath.**

Chlorate of Lime..... 1 drachm.

Spring Water..... 1 quart.

Filter after solution, and add :

Essence of Peppermint..... 1 oz.

Sugar..... 6 “

Wash the mouth, and gargle with this mixture, which will destroy all unpleasant smell.

When badly smelling breath is caused by an affection of the stomach, or by gases developed by that organ, we recommend charcoal in the form of pastilles or troches, as possessing the property of destroying these gases.

#### **No. 45.—Charcoal Tablets.**

*For Badly Smelling Breath.*

Finely powdered Vegetable Charcoal..... 1 part.

White Sugar ..... 1 “

Plain Chocolate..... 3 “

Mucilage of Gum-Arabic..... sufficient quantity.

First grind up the chocolate with the sugar; then add the charcoal little by little, and finally, with the mucilage, make the mixture into tablets of about eighteen grains each. Put one of these in the mouth from time to time, letting it melt while moving the tongue from side to side, and swallow-

ing the saliva, which will have acquired the property of annihilating the fetid gases contained in the stomach.

The following preparations are also good for the same purpose:

#### No. 46.—Pastilles of Catechu and Magnesia.

Catechu.....	1 oz.
Magnesia .....	1 “
Sugar .....	10 “
Mucilage of Gum Tragacanth, with Cin- namon Water.....	sufficient quantity.

Make according to the rules of art pastilles of about twelve grains each.

#### No. 47.—Disinfecting Pastilles.

Catechu.....	1 oz.
Magnesia. ....	$\frac{1}{2}$ “
Sugar.....	4 “
Essence of Lemon,	} .....10 drachms.
“ “ Cinnamon,	
“ “ Peppermint,	
Mucilage.....	sufficient quantity.

Make into pastilles of about fourteen grains each.

#### No. 48.—Eau de Botot.

*For Cleaning the Mouth, and Rendering it Healthy.*

Brandy @ 72°.....	1 lb.
Crushed Aniseed.....	13 drachms.
Cloves.....	4 “
Cinnamon... ..	4 “
Essence of Peppermint.....	$\frac{1}{2}$ “
Cinchona.....	4 “

Let these substances macerate for eight days in a large glass bottle, filter, and add :

Tincture of Amber ..... 2 drachms.  
 Cochenille in sufficient quantity to give a red color.

This water, which was patented, is not a new discovery, for the formula has been found in several works on therapeutics of the eighteenth century.

#### No. 49. — Philodontine.

*For the Preservation of the Teeth and Gums. (Superior to the Botot Water.)*

Cloves .....	5 oz.
Cinnamon .....	3 “
Aniseed .....	5 “
Guaiacum.....	4 “
Cinchona .....	3 “
Catechu.....	4 “
Pyrethrum .....	4 “
Spirits of Wine .....	3 quarts.

Macerate during twelve days and filter, then perfume it with

Essence of Peppermint..... 5 drachms.  
 “ “ Cinnamon ..... 2 “

Shake the liquor well in order to obtain the solution of the essential oils, and add

Alcholate of Cochlearia..... 10 oz.

This splendid elixir is far superior to the Eau de Botot, and is a better dentifrice, as it possesses tonic and astringent principles that contract the gums and prevent the loosening of the teeth, which do not exist in the first.



**No. 50.—Superior Cologne Water.**

Alcohol.....	3 lbs.
Tincture of Melissa.....	3 oz.
Essential Oil of Lemon.....	10 drachms.
“ “ “ Neroli .....	1 “
“ “ “ Cedrat .....	5 “
“ “ “ Portugal.....	5 “
“ “ “ Bergamot .....	9 “
“ “ “ Verbena .....	1 “
“ “ “ Lavender .....	2 “
“ “ “ White Thyme.....	2 “
Tincture of Benzoin.....	5 “

Mix perfectly by shaking the bottle; suffer it to rest for a few hours, and then, before bottling off, add

Tincture of Ambergris..... 2½ drachms.

This cologne water, far superior in strength and delicacy of perfume to all others, is to be recommended also for its tonic qualities.

**No. 51.—Depilatory Water.**

Orpiment (Yellow Sulphuret of Arsenic)...	½ oz.
Quicklime .....	1 “

Boil in one pound liquor potassæ. To ascertain whether the boiling is sufficient, dip a feather in the liquor, and if the vanes fall off it must be taken off the fire, being at the proper degree of strength.

This water is very powerful, and is only fit for persons whose skin is hard and insensible. Fine, delicate skins would be hurt by it, as it might take off the epidermis as well as the hair.

**No. 52.—Depilatory Powder.***(Rusma of the Orientals.)*

Orpiment (Yellow Sulphuret of Arsenic)...	$\frac{1}{4}$ oz.
Quicklime .....	4 “
Starch in Powder .....	3 “

Pulverize these ingredients, mix them thoroughly, and keep them perfectly dry in well stoppered bottles.

When required for use, mix a little of the powder with water, and the lime giving out heat, it will make a very good depilatory. Apply it to the spot off which you wish the hair to fall, and in a few minutes the desired effect will follow. Rub off the dried paste, and the hair will drop with it.

This paste is liable to irritate the skin violently and burn the epidermis; besides, the word arsenic is sufficient to cause alarm. It became, therefore, necessary to find a depilatory that should possess the qualities of the *Rusma* without its faults, and this has been done in the preparation of which we here give the formula.

**No. 53.—Depilatory without Arsenic.**

This depilatory, entirely free from any poisonous substance, acts promptly and without any danger.

Sulphydrate of Soda.....	4 oz.
Hydrated Lime in Powder .....	3 “
Powdered Starch .....	13 drachms.

Dissolve the sulphydrate in ten ounces of hot

water, and with it sprinkle the lime placed in a china bowl. Stir it in every direction, so as to obtain a clear paste, and then add the starch by degrees, so as to get no lumps. When the paste is perfectly homogeneous, pour into thick glass pots and cork hermetically.

#### No. 54. — Oleo-Calcareous Liniment for Burns.

Lime Water .....	1 lb.
Oil of Sweet Almonds.....	2 oz.

Shake violently in a wide-mouthed bottle ; let it rest, and afterwards skim off the soapy mass that will be found floating on the top. Apply this soapy mass to the burnt place, and cover it with a layer of cotton-wool. Leave this dressing on until the burn is healed. It is, however, our duty to say that this mode of treating burns often gives time for suppuration to form, so that a raw wound, which takes a long time to heal, ensues ; while liquid ammonia, as we have already said, stops the effect of the burn immediately, and prevents the white fluids reaching the spot and forming blisters there.

#### No. 55.—Dye for the Eye-Lashes and Eye-Brows.

*Used by the Women of Greece.*

Gall-Nuts .....	13 drachms.
Sulphate of Iron.....	2½ “
Water .....	5 oz.

Boil the gall-nuts in the water for half an hour, strain through a linen cloth, and add to the

strained-off water the two and a half drachms sulphate of iron. Boil again until it is reduced two-thirds, and then pour into a bottle for future use. It can be perfumed with a few drops of essence of thyme or of caraway.

Dip a small camel's-hair pencil in this mixture and pass it over the eye-brows and on the edge of the eye-lids at the root of the eye-lashes. Repeat the operation three times, and a bluish tinge will result, causing the eyes to appear more open longitudinally, and giving softness to the looks.

Some ladies use burnt cork for the same operation; but the plan is doubtful, as the color does not remain fast.

#### No. 56.—Pine Tar Soap.

The universal appreciation that *Packer's Tar Soap* has received from physicians and others, fully warrants us in recommending it as the best for all toilet purposes, and for the hygiene of the skin.

The heating qualities of pure pine tar are unquestioned, and every physician will bear witness to the healing effect of the terebinthines and balsams. Balsam of fir, tolu, and copaiba are used in irritations and ulcerations of the mucous surfaces, and their influence is specific upon such ailments. They would be useful in skin diseases as well, if they could be conveniently applied; but the balsams, like tar, are sticky, and not cleanly to smear upon the skin, and therefore they are not

used. The mere mingling them with the soap, by stirring them in while the latter is in a melted state, is of no use, as no considerable portion of tar or balsam can be thus incorporated. What is needed is to saponify the tar, and thus make it soluble in water and capable of being brought into contact with the skin without offence.

It is well known that the largest proportion of the soap consumed is made from animal oils or soap-fat, which is collected and used in various stages of decomposition, and is liable at least to the admixture of foreign ingredients, which have been known to be positively injurious to the skin.

This source of evil is obviated by the exclusive use of vegetable oils and refined pine tar in the production of *Packer's Tar Soap*.

The manufacturing of soap is an operation requiring much time, chemical knowledge, and extensive apparatus. It would be, therefore, useless to attempt giving the formula of this soap here, and we prefer relying on the numerous guarantees of the medical profession that this soap, manufactured in New York, and which can be purchased at first-class druggists' and fancy goods stores, is the best and healthiest that can be used.

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